

Fly Well! checklist

1- Pre-flight

- **Planes, class & seats:** choose wisely!
- Plan for **jet lag**.
- **Pack light**, but always pack your care pack
 - Noise cancelling headphones and ear plugs.
 - Blue-light blocking glasses.
 - Eye mask.
 - Sleep aids.
 - Clothes for sleeping.
 - Nuts.
 - Propolis spray.
- **Minimise your stress** and travel solo to the airport

2- Mid-flight

- **Nourish yourself well**
 - Eat before boarding, fast for your flight.
 - Avoid alcohol, or drink before you fly.
 - Drink bottled water. Avoid hot water (teas, coffees).
 - Practise being mindful.
 - Avoid refreshing towelettes.
- **Sleep well**
 - According to if you're flying eastbound or westbound.
 - Make your environment dark for sleep.
 - Fasten your seatbelt.
 - Deploy your care pack!
- Breathe to fall (back) asleep: 4-7-8 breathing.

3- Post-flight

- **Set your circadian rhythm**
 - Go outdoors for a morning walk.
 - Give your ears a morning light bath.
 - Create a totally dark hotel room for sleep.
 - Keep snacks (healthy ones!) in your day bag at all times.
- **Combat daytime sleepiness**
 - stand up
 - walk
 - take a 20-40 minute power nap with your blue-light blocking glasses or eye mask.
- **Move and be wise with exercise**
 - Listen to your body to guide you on your training intensity.
 - Try hotel room burpees (4 mins) or HIIT bike (12 mins).
- **Nourish yourself well**
 - Keep your meals aligned to a paleo-template approach as much as possible.
 - eat real food.
 - focus on having starchy carbohydrates in the evening, rather than during the day.
 - avoid food-like products that come in a bag or packet.
 - avoid sauces and the bread basket.
 - enjoy a glass of red wine.