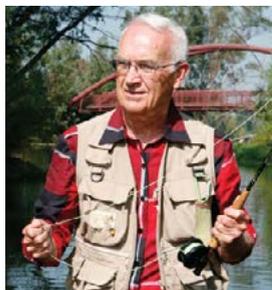


ASK LARRY

“How to survive a 14-hour plane ride?”

Q: We’re planning a dream vacation to Australia but dreading the grueling, long 14-hour flight from San Francisco to Sydney. How to handle? — G.S, Palo Alto, CA.



A: Timely question as my wife and I returned recently from our 7th trip to Australia—a 7,416 mile journey. Some things I have learned:

- Calm your mind. Prepare yourself mentally and remind yourself to “relax” and not stress out during the long haul.
- Bring a book, magazine, iPod, laptop—whatever—to kill time.
- Watch movies, TV shows. Listen to music, play video games.
- Wear comfortable clothing. Bring a sweater. Kick off your shoes.
- Bring your own water bottle and snacks. Drink lots of water. Don’t overeat or drink alcohol.
- Try to nap or sleep. I can’t, although my wife actually sleep 4+ hours.
- Get up, stretch and move around. Leg blood clots can happen to older passengers.
- Upgrade your seating class, if you can. We flew economy plus and those extra 4-6 inches of leg room really helps.
- Get an aisle seat. Avoid the middle seat. Some people prefer window seating but harder to get up and about.
- Don’t watch the travel map. The first 7 hours are the longest. The last 2 fly by the quickest.
- Take a late night flight so you’ll arrive in Sydney in the morning. This “late departure, early arrival” reduces jet lag. We stayed awake all day, took a long outdoors walk and went to bed our usual California time. No jet lag. Coming back is another story.
- On long haul flying—the destination is the journey. Enjoy.

Got a question?

Ask me anything. Email: AskLarry@activeOver50.com. Or call 408.921.5806. “Ask Larry” is written by Larry Hayes, publisher of ActiveOver50 media.

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