



## Fly Well! Checklist

### 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.

### 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 and quiet for sleep
    - Fasten your seat belt.
    - Deploy your care pack!
- Breathe to fall (back) asleep: 4-7-8 breathing.

### 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.