

# Healthy Long-Haul Flying

This playbook outlines steps to maintain health during long-haul flights. It includes strategies for preventing deep vein thrombosis, staying hydrated, and managing jet lag.

## Step 1: **Pre-Flight Prep**

Schedule your flights to allow for gradual acclimatization with your destination's time zone. Choose aisle seats for ease of movement. Consider compression socks to improve circulation, and consult with your healthcare provider if you have underlying health conditions.

## Step 2: **Hydration**

Increase water intake before and during the flight. Avoid excessive alcohol and caffeine as they contribute to dehydration. Consider carrying an empty water bottle to refill after passing through security.

## Step 3: **In-Flight Exercises**

Perform seated exercises, such as ankle circles and foot pumps every hour. Take regular breaks from sitting whenever possible by walking up and down the aisle.

## Step 4: **Sleep Management**

Adjust your watch to the destination's time zone and try to sleep according to that schedule. Use earplugs, an eye mask, and a neck pillow to aid sleep. Avoid using screens before attempting to sleep as blue light may disrupt your sleep cycle.

## Step 5: **Post-Flight Recovery**

After landing, engage in light physical activity to reset your body clock. Get exposure to natural light during the day, and try to adhere to local meal and sleep times to further combat jet lag.

## **General Notes**

### **Comfortable Attire**

Wear loose, comfortable clothing and layers to easily adapt to the changing temperature inside the aircraft and at your destination.

### **DVT Consideration**

If you have risk factors for deep vein thrombosis, discuss with your doctor about the need for blood-thinning medications before travel.

### **Nutritional Choices**

Opt for light meals that are high in protein and low in carbohydrates to avoid feeling lethargic and to minimize digestive discomfort during the flight.