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# **Tips For Making Long Flights More Enjoyable**

Those who are planning to visit destinations which are far away may be dreading the long time they will have to spend on a flight. There are many things that you can do to make this type of trip a lot more comfortable. Hopefully the tips below will be of some help.

- Ensure that your hand luggage is not over packed with things you won't end up using. You quite often see people in the airport who obviously have overpacked their hand luggage and are now finding it difficult to carry it. This is understandable for people travelling with children but there usually is no need for it. It is not a good idea to start off your flight in a grumpy mood but carrying heavy bags around with you is exactly what will make this happen. Take the time in the departure lounge to relax before you head off and put as much as you can into your stored luggage.

- Purchase a new book at the airport. It really is nice to take the time in the airport to do these things instead of just packing one with you. It might have something to do with you never knowing what kind of book you will want to read until you are actually there at the time. Many people will end up with nothing suitable to read even though they have brought a number of different books with them.

- Purchase a good neck pillow. These pillows will help you to get comfortable so that you can get a good sleep during the flight.

- Wear layered clothing so that you can easily slip on and off layers during the trip. Unless you do this you could end up feeling either too hot or too cold during the trip.

- Stretching your legs during the flight is important so you need to get up and walk about when you can. Sitting in the same position on a plane for long periods of time can be extremely uncomfortable and can cause problems such as DVT to develop.

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