



Packing Pointers

In-Flight Supplies & Sustenance

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A Novel Holiday UK Travel Packing Pointers

In-Flight Supplies and Sustenance

Pack an In-Flight Needs Bag

When flying across the pond, there likely will be a little movie screen on the headrest of the seat in front of you. Having a personal choice of movies to watch during a long flight is fantabulous for making time fly by! However, the computer unit required to grant this amenity hogs at least half of the space under the seat in front of you. No normal-sized carryon bag will fit there.

Pack a small, lightweight bag containing the items you'll frequently need to access while in-flight, and put it in your larger carryon. Actually, a couple gallon-sized zip bags work well—one for stuff, one for snacks.

When you board, tuck things such as your book or eReader, magazines, writing materials, and your **water bottle** in the seatback pouch. Stuff your small in-flight bag(s) under the seat in front of you, so you can stow your carryon(s) in the overhead bin.

Items Commonly Needed In-Flight

- Gum or chewy candy to defeat cabin pressure ear effects.
- Any medications or supplements you may need during the flight.
 - DC Carson recommends **No Jet Lag**, “an herbal supplement that keeps you feeling fresh while adjusting to the time change.” <http://www.nojetlag.com/>
- Saline eye drops and nasal spray to assist you in staying hydrated. Remember to move them from your liquids zip baggie to your in-flight bag—ditto for items such as travel toothpaste, lotion, lip balm, wet-wipes, and the like.
- Toothbrush, comb, ear plugs, etc.
- “Facial tissue” —for blowing your nose! Take a 1- to 2-inch stack of tissues from a large box and fold it (pull-flap side out) into a quart-sized zip bag. Roll out the air and zip it. Voilà! You now have a small bag containing far more tissues than pricy commercial tissue travel packs provide.
- Snacks (see suggestions below).
- Anything else you anticipate needing during a long flight.

In-Flight Snacks

These days, airline meals and snacks are rarely plentiful, and often aren't free. Savvy sojourners pack plenty of non-perishable and **crush-proof** snacks. Happily, *healthy* snacks are often the best kinds to travel with. Snack-sized zip bags work great for containing treats that aren't individually wrapped. And, after collecting and packaging a variety of travel snacks, you can toss the lot into a single gallon-sized zip bag.

Please Note: Some food items are considered “liquids or gels” by the Transport Security Administration—jellies, peanut butter, salad dressings and the like. Go to the TSA’s website to see a list of food items that shouldn’t be carried on the plane:

<http://www.tsa.gov/traveler-information/traveling-food-or-gifts>

Our Favorite Travel Snacks:

- Crunchy vegetables that aren’t easily squished, such as peeled baby carrots, celery sticks, broccoli and cauliflower sprigs, edible-pod snap peas.
- Apple slices (rinse with lemon juice after slicing to prevent browning).
- Pretzels are snacks favored by many and aren’t easily crushed to dust like most kinds of crackers. However, excessive salt intake can cause **increased jet lag** and **fluid retention**. If you want to peck at pretzels while on the plane, pack the *unsalted* kind.
- Rice cakes, hardtack crackers, or dried Chow Mein noodles (a CD Miller favorite) are great, relatively crush-proof, low-calorie snacks to pack.
- Unsalted nuts and any kind of dried fruits. (Craisins mixed with dried banana chips are *da bomb!*)
- Individually wrapped, single-serving cheeses.
Please Note: Cheese does *not* have to be refrigerated. In fact, all cheeses are more flavorful when served at room temperature.
- Hard candies to suck on—sugar-free if you’re worried about calories.
- Any other non-perishable, non-liquid, crush-proof snacks you might enjoy.