On the Flight
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• Keep anything you will want to access on the flight below the seat in front of you
  – This includes your passport and address abroad for the immigration paperwork you may have to fill out before landing

• Put your phone, tablet, and other electronic devices in ‘Airplane Mode’
  – Typically found within ‘Settings,’ but varies by device
On the Flight (cont.)

• Stand up from time to time and drink plenty of water. This is the best way to fight jetlag and dehydration

• If the flight gets bumpy (“turbulence”), do not panic. Secure your seatbelt & follow the flight attendants’ instructions