

“We always have wonderful vacations...it is just getting there that is the problem!”

How many times have you wished that you could simply close your eyes and “presto”, you have arrived at your vacation destination without the wear and tear of travel? Perhaps we should amend that question and limit it to air travel because more people are flying each year.

Flying is the fastest way of arriving at your destination. It leaves you with more time to spend doing the things you enjoy on vacations. The various airlines offer a variety of packages that make air travel fit into most budgets. So when vacation plans are made, air travel increasingly is a part of the package.

We hope that some of the suggestions that follow will take much of the “hassle” out of flying.

Preflight Planning

Are you on a special diet for medical reasons? Does your religion observe certain dietary restrictions? Are you trying to lose weight? If your answer is “yes” to any of these questions, then you should let your travel agent or the airline know of your particular needs so that you will have the meals you require while in flight. Later when checking in at the ticket counter remind them of your earlier request. Also let the stewardess know, as you board the plane, that you have requested a special meal.

Being able to maintain your normal diet while in flight does relieve some of those travel tensions.

If you are traveling with young children or with a baby, you can increase your comfort during the flight by letting the airline know of your needs ahead of time. For example, families with small children find that having seats in front of a bulkhead gives them more space. There are no reclining seats ahead of them to further limit the already tight seating that is found in the average coach cabin.

Some airlines provide portable cribs for infants. These are convenient, but they can vary in size from airline to airline. It is im-

portant that you inquire about the dimensions if you plan on using a crib. At the same time, ask them for their suggestions about what you can do to make the trip as comfortable as possible for you and your infant.

Luggage

Most vacationers tend to carry too much luggage. A good rule of thumb is to carry only as many bags as you can handle alone. As you go through security checks,

customs, etc. your luggage will seem to increase in weight with each stop.

Many seasoned travelers will only use luggage that fits under an airline seat. This means that they always have a choice of carrying their luggage on board or checking it.

Clothing

One way of organizing your travel ward-

robe is to make a list of everything you plan to carry. Next, cross off all items that can be used only one time. Cross off items that cannot be rinsed out in a wash basin. Cross off items that need special care in packing. Cross off items that cannot be coordinated with at least two other pieces.

Most people buy new clothes for a vacation. Experienced travelers will test wash new items in order to avoid unpleasant surprises like so-called “wash and wears” that really need careful ironing.

Clothing that can be rolled and packed, wash and wear items, crinkled cottons are a boon to the traveler. Save elaborate outfits for home. When traveling, simplicity means fewer clothes, lighter luggage and carefree travel.

Pamper Yourself In Flight

Many travelers board the plane with all sorts of shopping bags, flight bags and tote bags, all of which seem to contain breakables or last minute “necessities”. Carrying, stowing and keeping up with such a jumble can make traveling miserable. Decide with yourself or your family that there is a luggage limit and that what goes in the soft bag that you hand carry is for *in flight comfort only*.

Some basic items in this bag might be facial tissues, moist towellettes, antacid tablets, cough drops, aspirin, and a mini sewing kit including a pair of folding scissors. If the flight is six hours or more, a mini toiletries kit will enable you to freshen up before landing. A favorite munchie is particularly comforting on a long flight and should be included. Carry a couple of thick paperbacks in case one book is not as interesting as you thought it might be. Be careful about including magazines because they tend to be heavy. And last but not least, this bag should hold a pair of soft slippers or travel socks from some previous flight.

Let us know if our travel suggestions have been of help. We would like to share your tips with our readers in our next special issue on travel in April, 1986.

