



Dressed for travel

Jeremy Clark gets down to the bare essentials of flying

As regular travellers you doubtless read a lot about allegedly healthy snacks, veggie-burgers and cans of vitamin-laced sugar drinks designed to keep you fit in the air.

Fear not, however, as I now come to you with some top tips of my own on how to maintain general good physical and mental health on a long-haul flight.

My first and most important advice is not to fly in Economy. Clearly this class was not designed for average-sized adult humans. The only place you would normally see this many people packed in is on the Tokyo underground or at Walt Disney World!

Subjecting yourself to 12 hours in Economy shows that you have little regard for your own wellbeing, so why would you be looking out for a low-calorie fruit bar? And if you hadn't spent all your money on gym membership and lycra you wouldn't have to be there, so I have little sympathy.

Exercising is also not an option without seriously injuring anyone in a one-yard radius, which is about 20 people. And ignore the advice about alcohol. That's an airline ploy to save money and is the only way you'll survive the flight.

So what else?

Good mental health is key to maintaining sanity in the air. You can start this by enjoying the Fast Track boarding to give you that feel-good factor at the beginning of your flight.

And if you feel a slight depression coming on during the flight, just take a

wander up the aisle and peek through the curtain. It really works wonders.

I believe in dressing properly to travel. This does not mean flip-flops and a kaftan, but for overnight flights I do change into pyjamas (Qantas and Qatar give out the best). I can usually guarantee that 40% of all catering served to me will end up on my clothing so if you do not want to disembark looking like a wrecked wedding buffet, then this is how. A word of caution: when changing in the ludicrously small toilet, remember to

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shut the lid. I once lost a belt buckle down there and had to hold up my trousers through immigration and baggage reclaim.

Essentials I carry with me for wellbeing include:

- noise-reduction

headsets (Bose QC-15) to shut out the squawks of the noisiest child and the most persistent crew announcements

- my American Airlines mug (sorry AA, it's on long-term hire) which is the only proper sized receptacle I have found for my tea.

- a chopstick. This is required to push the crew-call button which these days is often too far up to reach.

- finally, if you need reading glasses, then get cheap plastic ones on a string around your neck. You won't lose them, or have to remove them through security and they catch any stray cashews during the cocktail service.

That money you save on not paying gym membership? Spend instead on not flying Economy.



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