
Air Travel

Board at 10 a.m. in Toronto, land in Atlanta just in time for lunch. Airplanes are without a doubt the way to go when you need to get there in a hurry. Most people swear by airplanes as the best means of transportations. Others just swear at flying in general. Whether you love flying or avoid it at all costs, there are ways to help make your air travel experience even more pleasant (or at least bearable.)

What to pack

The worst part of traveling by plane is deciding what to pack, and how many pieces of luggage to bring. It's best to pack lightly wherever possible, and take only what you'll need. Remember, you're going to have to tote your own luggage as you navigate a massive airport, so be wise about it. You don't want to throw you back out, or hurt someone else with your wayward bags. Bring one outfit for each day that you'll be away, and pack an extra change of clothes, plus necessary medications and personal items, in your carry-on. This way, you'll still have the things you need on your first day, even if you and your luggage are separated. Pack according to your reason for flying. If your trip is for pleasure, then bring your vacation clothes. If traveling for business, pack appropriate attire.

Motion sickness

Some people get sick of air travel. Literally. If you easily become nauseous while riding on an airplane, prepare beforehand to ease your pain. Most of the drugs used to help motion sickness are designed to stop it before it starts, so take anti-nausea medication well before the airplane leaves the ground. Don't eat too much beforehand, or drink alcohol. Snack on crackers or dry bread with water or juice if you're feeling ill. Remember, the bags are always there if you need them.

Arrive early

The best air travel advice you can get is to arrive early. Airport security is so tight that you are sure to get held up, possibly at more than one checkpoint. If you don't give yourself enough time, you could miss your flight. Allow lots of time for any possible delays that can come up at any unexpected time.

Pack for fun

The entire air travel experience can be extremely boring, especially if you are traveling alone or with children. Packing books, crossword puzzles, handheld games and headphones are a very good idea. These activities can combat boredom, and relieve nervousness. Colouring books and drawing pads are great activities to keep kids busy on the plane, and during the long wait for the plane.

Air travel is

generally quick, but not always easy. Knowing what to bring on board and what to do at the airport will help to make your air travel experience a smooth ride.