



Appi Alla: How to Prepare for a Long Haul Flight

Long haul flights are long and tiring, but Appi Alla has a few tricks to make the journey more bearable.

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If you're an intrepid traveller like [Appi Alla](#), then you'll know that getting on a plane can be an exciting experience. After all, what's more thrilling than the possibility of seeing new and exotic locations, meeting locals, experiencing new customs and tasting foods you'd never before dreamed of? For all its upsides, however, travelling does have a few pitfalls - the physical act of travelling. Long haul flights are particularly grueling. The combination of sitting in a cramped seat and being unable to sleep for up to fourteen hours is enough to make anyone grumpy. And while sometimes you simply have to suffer through it, there are ways in which you can make the journey more pleasant. Below, with Appi Alla's help, we'll take a look at a few solutions.

Wear Comfortable Clothing

"I've done many long haul flights in my time." [Appi Alla says](#). "And one thing I've seen universally is people wearing jeans or some sort of tight and fashionable clothing." Instead, always opt for loose fitting and comfortable clothing. You're going to be in the same seat for up fourteen hours; it's important that you aren't restricted. What's equally important is that you wear different layers so that you can easily remove or add clothing so that your body is at the optimal temperature.

Prep for Sleep

[Appi Alla insists](#) that every traveller should pack a decent travel pillow regardless of your destination. There's nothing worse than dozing off only to wake up with an incredibly stiff neck. You'll have to do your research to determine which travel pillow is best, but always opt for something that has a combination of comfort and compactness without being too expensive. Other than that you're going to need a good pair of ear plugs as well as an eye mask to keep out the light.

Move Regularly

"Just because you're stuck in the plane for ten hours, doesn't mean you're stuck in your seat." Appi Alla insists. Stretching your legs from time to time will give your body some much needed exercise and limber you up, but it will also keep your circulation flowing and decrease the risk of developing deep vein thrombosis. You don't have to do marathons or squats, but getting up every hour or so will do you a world of good.

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