

Dear Families,

The following are some general travel tips and helpful information regarding jet lag:

Helpful Tips:

- Use extreme caution when using ATM machines anywhere. Note your surroundings and try to use them only in secure daylight conditions.
- Put your 1st initial and last name only on the front of your luggage tags.
- Put your full name, address and phone on the inside. This way, potential crooks won't be able to determine your gender and home address at a glance.
- Leave expensive jewelry at home including all expensive-looking jewelry!
- Whether you are boarding a plane, train or even checking into a hotel, be sure you make note of the emergency exit details. For example, the number or rows, floors, doors, etc. to the nearest emergency exit. Jot it down on a note and keep it close to you along with a small flashlight and your eyeglasses if needed.

Information and Tips to Help Avoid Jetlag:

What is jetlag?

Jetlag is one of the most common problems of modern jet travel, affecting as many as 94% of long distance travelers. Some of the symptoms include:

- Fatigue
- Disorientation
- Lack of concentration and motivation
- Disrupted sleep after travel
- Dehydration
- Discomfort of legs and feet
- Medical evidence also shows that jet lag makes travelers more susceptible to colds, flu, and stomach upsets. (Try and rest as much as possible before you depart for your trip.)

What Causes Jet Lag?

The greatest cause of jet lag is rapid transit across world time zones. The more time zones we cross, the greater the disruption of our body clock (which governs our temperature, heartbeat, blood pressure, and physiological patterns), resulting in disorientation and mental and physical fatigue.

Sitting still for long periods of time in flight causes discomfort and possible swelling of the legs and feet. The dry atmosphere in airliner cabins can cause body dehydration. Altitude and pressure changes at each landing and takeoff also upset body systems, and although airliner cabins are pressurized, these changes are significant causes of jet lag.

It hardly seems that so many problems could result from merely traveling in an aircraft.

What Can I Do?

Here are some of our favorite strategies for resetting your body's clock.

Start Rested

The preparation for a long trip often means you're tired before you begin. If at all possible, get enough rest in the days prior to your trip, so you can start out strong and full of energy.

Sleep

It's best if you can sleep on the plane. Earplugs, eyeshades, and a comfortable neck pillow are well worth the effort of packing if they prevent you from losing a day to jet lag. Try to take care of as many travel details as possible before you leave so that flight day is stress and anxiety-free, and wear comfortable clothes and shoes. Set your watch to the destination time as soon as you board the plane.

Drink Water

Lots of it. Plan on 8 to 16 ounces during each hour of travel. Taking your own water bottle can save you the awkwardness of repeatedly pressing the "call button" for another glass of water, and will help you resist caffeinated and sugared drinks, which can actually make you more dehydrated. Have a nice, long hot bath when you arrive to re-hydrate and relax.

Exercise

The long periods of sitting on an airplane, bus, or train are hard on your body. Walking and stretching exercises in flight will help your body adjust to the new climate. To help reset your body clock, try to stay awake until bedtime rather than taking a nap upon arrival - spending time outdoors seems to help most travelers.

Experience

As you travel, experiment to find the system that works best for you. Some travelers forswear all naps, others insist on them. Keeping note of your experiences will help you get the most from future trips. Consult with fellow travelers, too. Their experiences can help you avoid days lost to jet lag discomfort.