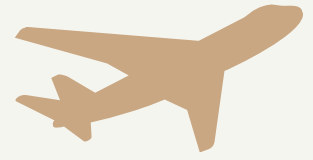


DURING FLIGHT CHECKLIST



FIRST HALF:

- Take first few hours' essentials out of carry-on
- Plug in phone
- Change clocks/watches to destination time
- Put on compression socks
- Arrange blanket- buckle seatbelt over blanket
- Hydrate

AFTER MEAL:

- Take melatonin or sleep aid
- Stand, walk around, stretch
- Grab 'Airplane Essentials Kit' & get ready for bed
 - Brush Teeth Clean & moisturize face change face mask comb hair
- Set (quiet) alarm 45min before scheduled landing time
- Grab a travel pillow, a calm playlist & try to get some sleep

BEFORE LANDING:

- Grab 'Airplane Essentials Kit' & get ready for day
 - Brush Teeth Clean & moisturize face change face mask comb hair
 - Change socks
- Stand, walk around, stretch
- Hydrate
- Pack away 'essentials kit' and other items