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# Helpful Tips To Ensure You Enjoy Your Flight

It is important that you have a really comfortable journey when you are planning a plane trip especially if it is a long haul flight. There are plenty of people who get very stressed out at the thoughts of flying but if they do a bit of planning and get some good advice, then they can usually avoid this. Here are the top tips for comfortable flying.

- Anyone going on a long haul flight would be wise to buy themselves a good neck pillow. These can make a huge difference and you may even be able to get a good sleep on the plane. It is not very expensive to buy a neck pillow and they will last you for years.

- A plane journey can end up being much more uncomfortable than needs be simply because of too much alcohol so try to avoid this if possible. There have been times where high altitudes and alcohol can cause aggression in some people and the fact that there could be times when you can't use the toilet means that drinking alcohol should be kept to a minimum.

- Although many planes will have in-flight entertainment, not all do. It is always a good idea to bring your own entertainment. Something like a game console, iPad, or eBook reader can be great for passing the time. And if you don't care for all these technical gadgets then a good old fashioned book will work just as well.

- Investigate any carrier before you choose them; you are sure to find plenty of reviews online. You might want to avoid a number of airlines because they don't have such a good reputation when it comes to comfort.

- It might be wise to take a spare jumper in your hand luggage if possible. Cabins can sometimes get really cold during the flight and there never seems to be enough blankets. It is a good idea to have a few layers of clothing so that you can take things off and put them on as you see fit.

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