

TIPS TO SURVIVE

Your Next International Flight



ON AVERAGE, 8+ MILLION PEOPLE FLY EVERY DAY.

1 USE SEATEXPERT.COM OR SEATGURU.COM FOR THE BEST SEAT.



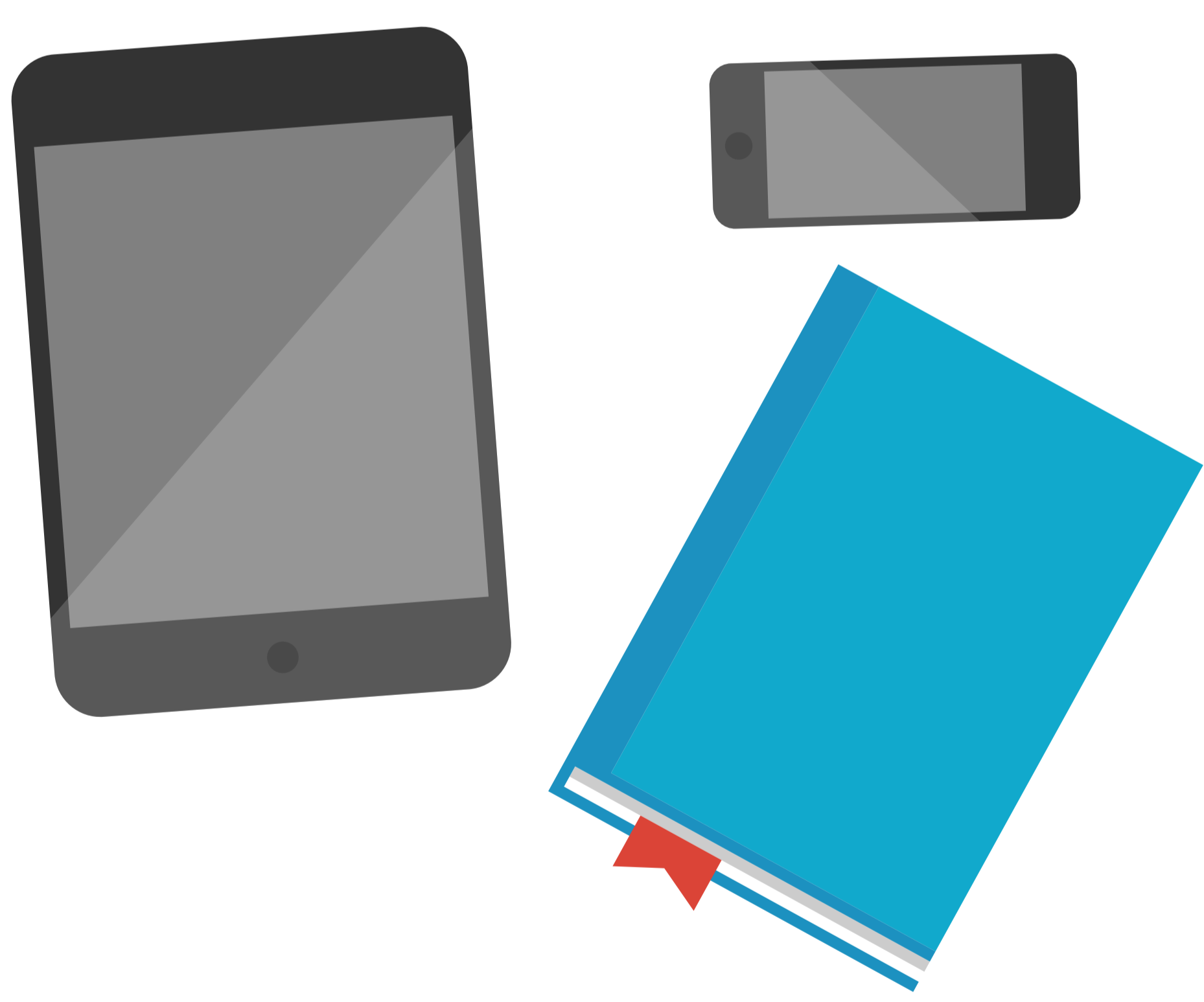
2 SLEEP SLEEP SLEEP.



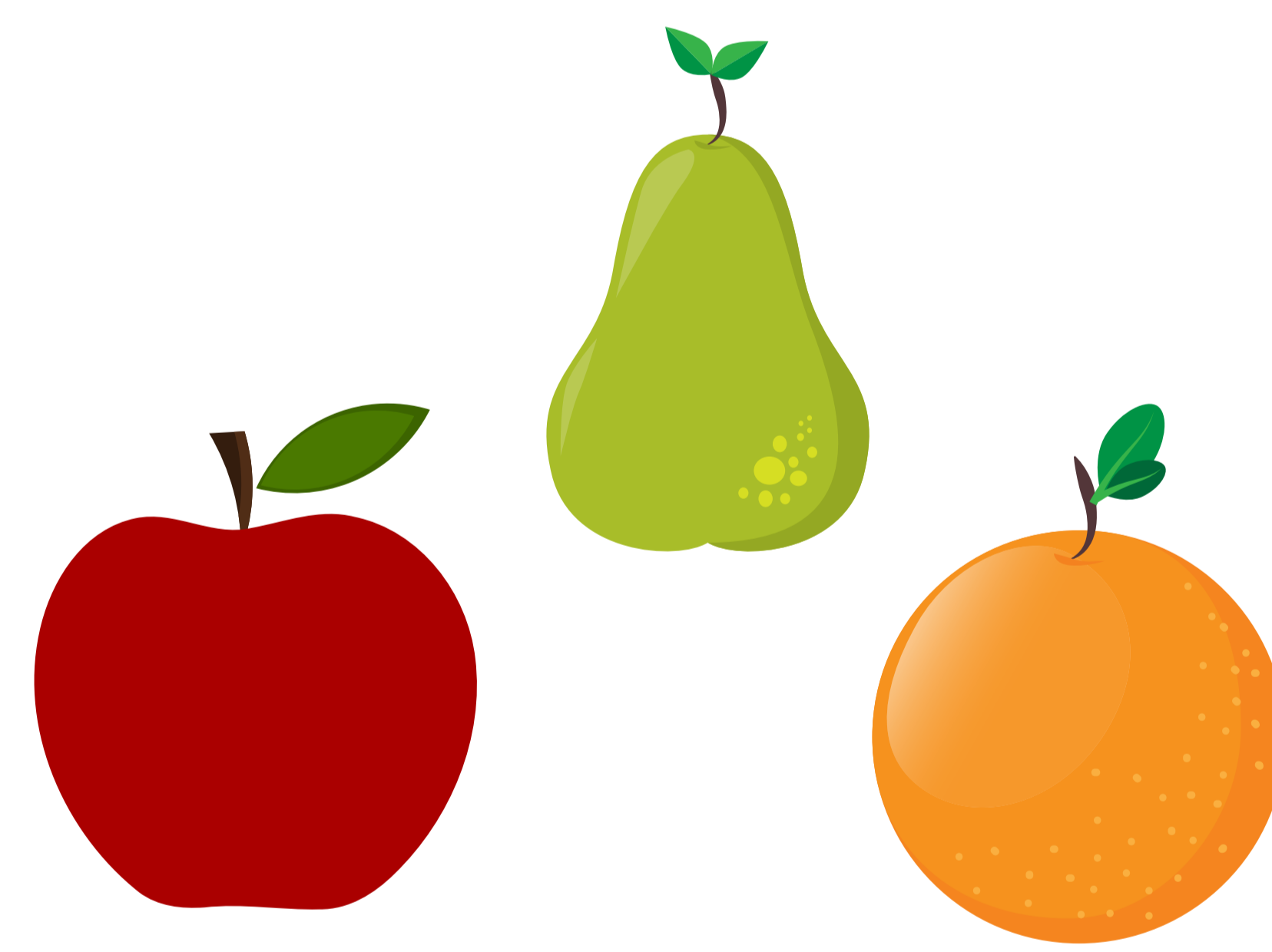
3 WEAR COMFY CLOTHES & SHOES.



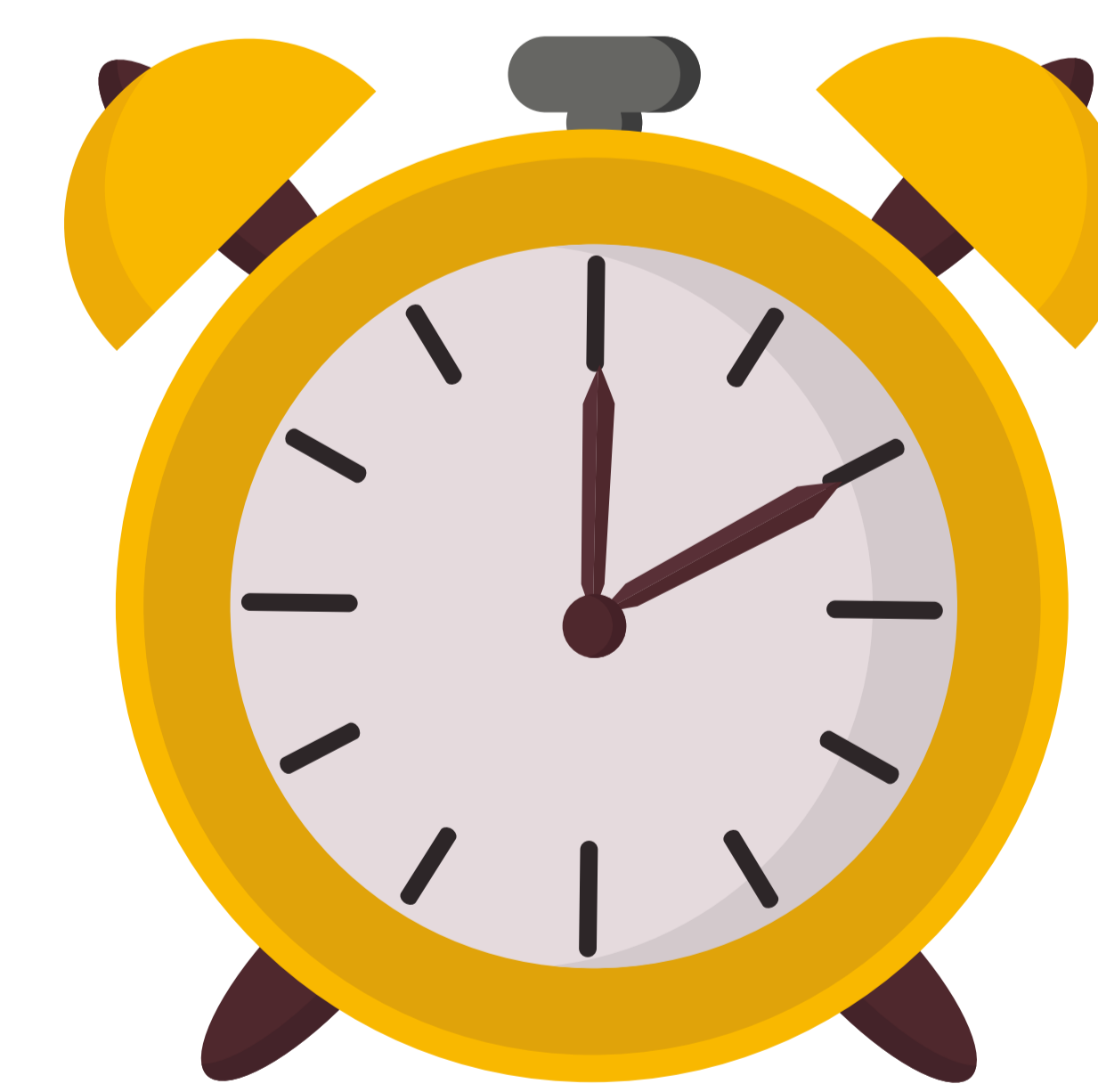
4 PACK PLENTY OF ENTERTAINMENT.



5 TAKE PROTEIN BARS & HEALTHY SNACKS.

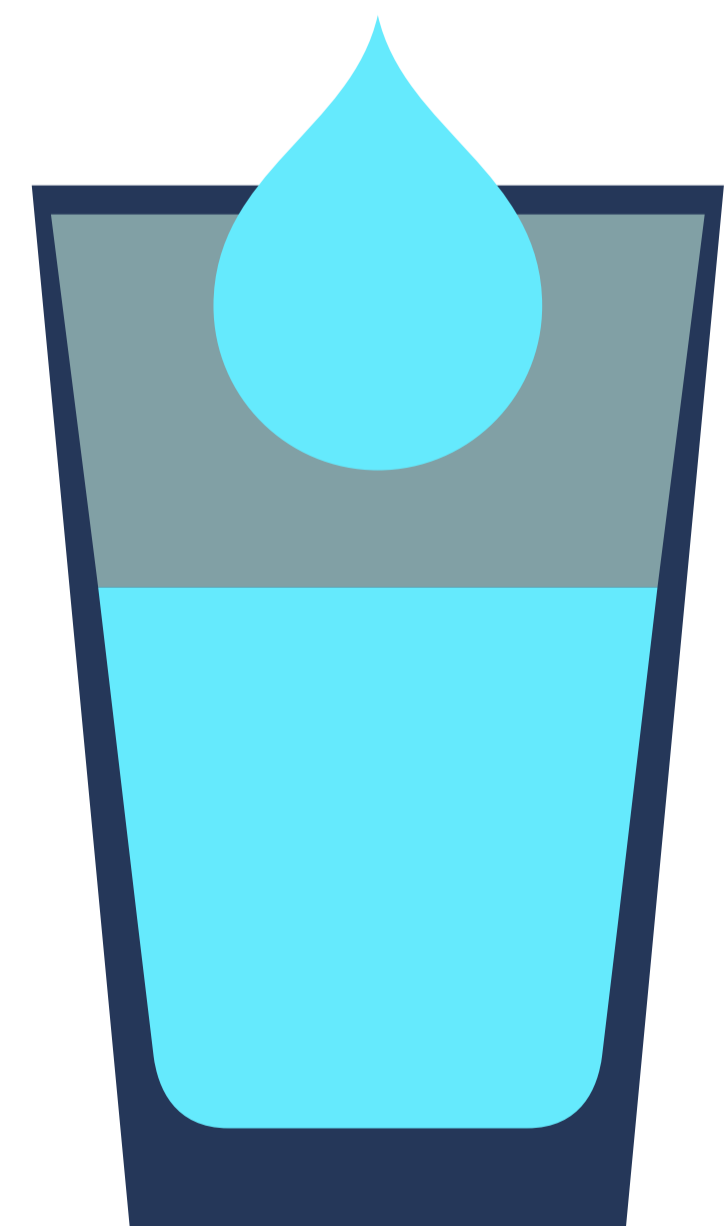


6 BRING AN EYE MASK & EAR PLUGS.



7 GET TO THE AIRPORT EARLY.

8 DRINK WATER, NOT ALCOHOL.

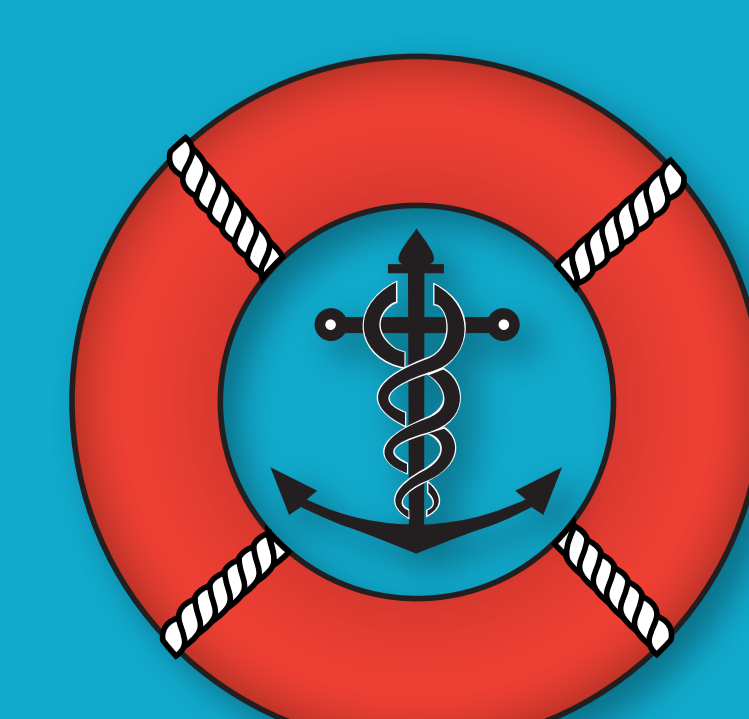


10 TRAVELING CAN BE STRESSFUL, PACK A SENSE OF HUMOR!

9 GET UP, MOVE AROUND, STRETCH.



www.mhginsurance.com



MHG
INSURANCE BROKERS