

Also in January 2008 TSA announced restrictions on taking spare lithium batteries for your camera, cell phone etc. in your checked luggage. Be sure to research what current restrictions are

It's a good idea to check TSA website [www.tsa.gov](http://www.tsa.gov) for any updates prior to your departure

## **THE LONG PLANE RIDE**

The plane flight is long and tiresome, but we've found a couple of things that make it more pleasant.

1). **Collapsible travel pillows** - Those U shaped pillows work very well. Be sure and get the kind you blow up, otherwise it will take too much room in your carry

However, most international flights have adjustable u shape head rests that make it fairly comfortable.

2) **Jet Lag** -The KEY to avoiding jet lag is HYDRATION. Drink LOTS, LOTS, LOTS of liquids. Some people find avoiding caffeine and liquor is also helpful. Try to sleep on the first leg of your journey and try not to sleep on the to Nairobi leg, as you will be getting in just in time to go to bed. Being able to go to bed once you get to Arusha and sleeping well will put you on Africa time and you will be ready to go in the morning with no jet lag!

3). **Long sleeved shirt on the plane.** James and I wear long sleeve safari shirts that the sleeves can be rolled up or down depending on the temperature of the plane. We have found this works VERY well as the temperature can fluctuate immensely.

4). **Sleeping Pills** - Some people like to take sleeping pills during a long international flight. One thing to consider however is that it is necessary to move around during a long flight to keep from potentially developing clots in your legs that can be very dangerous. Taking something that will knock you out for too long can be a problem. Discuss with your doctor.

5). **Toiletries** – Having lotion, toothpaste/brush, chapstick, and deodorant handy in your carry on will help you to freshen up during the flight. Remember many of these must be placed in the ziploc bag to go through security.

6). **Move around** - It's important to get up as much as possible and move around to keep the circulation going in your legs and feet. Doing "seat" exercises like rotating your feet and raising and lowering your heels, wiggling your toes etc. is also helpful.

