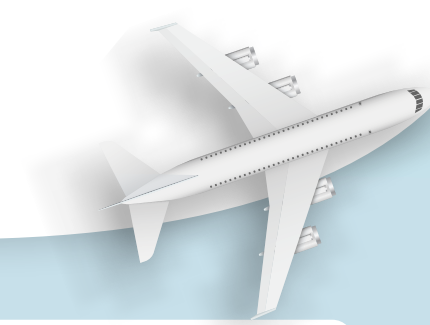


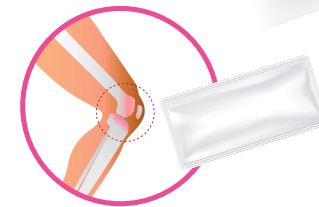
Flying with Arthritis & Joint Pain



Walk up and down the aisle every two hours to avoid the risk of DVT



Request an aisle seat if you have longer legs



Use heat wraps, gel packs or ice to ease your aching joints

Maintain good posture by keeping your back straight



Support your lower back with a back roll or two pillows

Keep your knees at a right angle, propping up your feet if necessary



Plane Checklist



Cooling Pack Gel



Heating Pad



Neck Cushion



Medication



Zip Bag



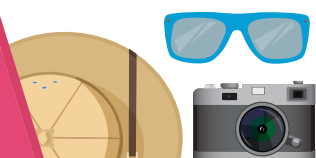
Passport



Travel Documents



Eye Patch



Cash, credit or foreign currency cards



Plug adaptors and leads for charging all gadgets



Back Roll

