



Jet Seven Travel Seminars

Airline Seat Tips
www.JetSevenTravel.com

P R E P A R E - P R O T E C T - P R O V I D E

1. Select Seats based on your needs:

- Do you like to be near the window?
- Do you have issues with blood clots (aisle seat is best)
- Do you have special needs and require access to flight attendants/restrooms/extra leg room?
- Do you tend to get motion sick? (Seats over wing are best)

2. Beware of limitations of some seats. Check www.seatguru.com

- Only certain seats have armrests that are moveable
- Bulkhead seats do not have storage under seat or in pocket for belongings (all belongings must be in overhead during take-off and landing)
- Certain seats do not recline
- Seats near restroom mean people standing next to your seat when in line, possibility of unpleasant odors from bathroom
- Rows toward back of plane may have limited meal choices (run out of preferred meals)

3. If unable to get seats together, select windows and aisle seats. These are great for bartering with others.

4. Even if unable to select preferred seats, still obtain seat assignments. Having a seat is better than not – (avoid middle seats!)

5. If special needs, notify airline.

6. Do not count on airline to honor seat preferences. Do not be surprised if seat assignment changes. Be flexible (arguing rarely helps).

7. Seat assignments can change for various reasons. If unhappy with seat assignment, call ahead, ask ticketing and gate agent. If all else fails, board and barter on plane – working with flight attendants and other passengers. If that fails - *Smile!* That stranger next to you may be an angel on assignment!

Mayo Clinic and Stanford-trained registered nurse and author Anya Clowers is a travel expert working as a liaison between the medical community and the travel industry. As an advocate for the traveler, she works with physicians, manufacturers, travel experts, medical organizations, etc. – finding the best solution to situations that occur *daily* to travelers all over the world.

A self-sufficient traveler prepares ahead of time, packing peace of mind as the foundation for every trip. Whether traveling across the city or throughout the world, simple steps of preparation can save your life – literally!

Visit us at www.JetWithKids.com for resources designed to maximize the success of your travel. If interested in attending or scheduling one of our travel classes, please call us at 916-853-9619 or email info@JetSevenTravel.com.