

# **Long Haul Survival: Tips and Hacks for Your Next Epic Flight (Episode 56)**

**The Global Travel Plan Podcast dives into highs and lows of long haul travel**

Tracy: Hi.

Tracy: Hi. Welcome to episode 56 of the Global Travel Plan Podcast. So this is one of our regular chats with a, Brit, an Aussie, and a Yank. So that's me, Melissa and Shelly. And today we're diving into the highs and lows of long haul travel. So whether you're heading across continents or flying halfway around the world, we've got tips, hacks and real stories to help make those long flights a little more manageable.

Tracy: Hi and welcome to the Global Travel Planning Podcast. I'm your host, Tracy Collins, who.

Tracy: With my expert guests will take you.

Tracy: On a weekly journey to destinations around the globe, providing travel inspiration, itinerary ideas, practical tips, and more to help you plan your next travel adventure.

**Shell and Melissa catch up on where they've been since last episode**

Tracy: So as always, let's start the episode with a quick catch up. Where we all are in the world and what we've been up to since we last spoke. So, Shell, where are you? Whereabouts are you?

Kerry Heaney: Well, I just landed, in back in the United States and, you're.

Tracy: In Florida, is that right?

Kerry Heaney: Yes, I'm in Florida right now visiting family. So I'm getting caught up and it's been almost a year since I've been back.

Tracy: Wow. Yeah. Yeah. Well, saying that I've just landed back in Australia after nine months. So I'm actually in Perth at the moment, visiting my daughter and her partner. So that's really cool. And Melissa, you're back to Queensland?

Melissa Kailey: Yeah, I'm at home in Brisbane, so I've been doing a lot of exploring in the backyard recently. Shelly and I finally got to do our trip, ah, Lady Elliot island, which is fabulous. but yeah, just doing the local stuff at the moment.

Tracy: Yeah, yeah, but there's loads to do and I can't. I'm really excited actually about being back in Queensland. I'll be there at the end of the month and we've already talked about loads of stuff to, to see and do in Brisbane that's new. So I'm really looking forward to that. So that's going to be good. And I know I talked to Shell about her Lady Elliott experience and I really want to do it. I'm like, yeah, that sounds amazing. And I know, Shelly, you were in New Zealand and.

Kerry Heaney: Yes.

Tracy: Yeah. And then you flew to, you were in Thailand and then we met. We got to actually have go out for dinner in Kuala Lumpur.

Kerry Heaney: Yes. It was so cool that it just happened to work out that way. and then, after I left there, I went to Korea and, spent a little bit of time in Korea and yeah, now I'm here. So it was kind of like boom, boom, boom, you know, after I left Australia. But it, it was so cool meeting up with you because we got to, chit chat about your travels because you've been gone so long and you know, I got to, just see everyone.

Tracy: So, yeah, it was, it was really good.

### **Can you share photos of your nails that you had done in Korea**

And I'm going to ask one thing. Can you share the photos of your nails that you had done in Korea? Me and I think we need to show all our listeners fabulous nails that you had. Yeah, they're so. Oh my gosh.

Kerry Heaney: They are. Definitely. It was such a great experience. It was definitely. This lady's such an artist. She's. Yeah, yeah, if you go on my, Instagram or Tik Tok or website, you'll see it. But yes, I will share the photos. But she, I mean, I was just amazed. She did everything by, by hand.

Tracy: Wow. Well, they look amazing. So we need to share because they look fabulous and,

Kerry Heaney: Thank you.

## **This episode is about how to survive long haul flights**

Tracy: So the main thing we're going to talk about this episode is about, is about surviving long haul flights. Or just survive and fly in when you're doing a lot of flights. And I, before you came on, Shelley, I was just saying to Melissa, I think I added it up and I think we've done 17 flights between. No, I've done 17 flights and Doug's about the same in the last nine months. Which is, which is crazy. It's a crazy amount of flying. and I know you've been flying everywhere and, and you know, Shelly, you fly everywhere and Melissa, we're always flying all the time, always thinking about stuff. So let's, let's talk about how we plan when we're going to fly because that, that's something that I kind of, you know, how far ahead do you start planning for a long haul journey? and I'm going to start with this one because actually when I was planning this trip that I did, I actually wanted to avoid long haul because I hate flying, which everybody always finds credible, especially I've just said 17 flights. So one thing that I've started doing and, and that's a luxury that I guess that we can afford in terms of time is take shorter flights and avoid those long flights because I cannot bear them. And we have a lot of them from Australia now, Melissa, obviously based in Australia all the time. The. Always the long haul, going anywhere, going to Europe, going to the States, a long haul flight. So how do you kind of prepare knowing that you're going to do a long

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Tracy: long haul flight.

Melissa Kailey: if you're just talking about like, you know, once the flight's booked, I'm a bit short term, sort of preparing, you know, I might start thinking about it like the day before. but in terms of like before I book, because I'm a bit of a point hacker, I will sort

of plan like well and truly in advance and even before I've even thought of the flight, I'll be trying to make the most of every purchase I get. So I get lots of points so I can try and upgrade, which I know we'll talk about later.

Tracy: Yeah, for sure. What about you, Shelley, when you're taking, I mean any of those long haul flights? Because I know you've just recently taken quite a few in terms of Europe to Australia and then you've flown to Florida, which took quite a few hours.

Kerry Heaney: Yeah, it's. So the long haul flights, I, I don't dislike them. But like you were saying, I, I totally get now from M. Australia because you know that, that's got to be a really, really hard one. that one kind of like jet lag. I know, we'll talk about later. that one kind of kicked me in the butt to be honest, because is such a long flight and it's not so much. I haven't taken that long of a flight flight, you know, long haul flight before. It's just a little, I don't know, the time change, I don't know what it is, but man, it was like intense. But, as far as long haul flights, I consider a long haul flight. I don't know what you guys consider a long haul flight. Anything over like eight hours?

Tracy: Yeah, yeah, yeah, yeah.

Kerry Heaney: Okay. So, so, you know, as far as that goes, if they have a layover, that's fine. But you know what, I, I'm the type that like, I rather just get it over with. So I mean, if they don't. If it's a direct, if I'm lucky enough to get a direct, I'll take the direct every time.

**Would either of you do the 17 hour flight from Perth to London**

Tracy: Okay. Would you do. I'm going to ask this. Would you. Would either of you do the 17 hour flight from Perth direct to London?

Melissa Kailey: I've done it.

Tracy: Yeah.

Melissa Kailey: And in business.

Tracy: All right. Okay. I think I would do it in business class.

Kerry Heaney: go ahead. I'm sorry, Melissa.

Melissa Kailey: No, I was just gonna say I'm, I'm not, I'm not sure I would do it on economy. Like, I don't know, business was hard enough. but it was very, very doable in business. Very doable.

Tracy: Okay. What about you, Shelley?

Kerry Heaney: I, that's one thing that I've, I've done. When I first, first first started, I did the economy thing and I just was a train wreck for several days after. Now if that's the only way you can get there, I say go for it. You know, you could recover later. but now minimum, I try like Comfort plus. I try because it's so long. It's so long. If you can't do business or you can't get bumped up, at least do the Comfort plus plus where you could stretch out your legs a little bit more. but yeah, I rather take the 17 hour and get it done than to take maybe a 10 hour, have a 4 hour layover, then get back on a plane. Then you know, it, it's just to me it just drags it on too long.

Tracy: Yeah, I think that, I think that, I agree because I, we've done quite often the, the, the Brisbane to Dubai route which is like 13 and a half hours. Then you get off a plane, you're already tired and then you've got another seven hours or whatever it is. And I think they're harder in some ways. But I have to say I like that we, this last trip, the most we've done is a five hour out of those 17 hour flight. Yeah, we've done it. We've really hopped around which has been really nice and we've done a lot with points which kind of brings me back to the whole kind of, you know, do you splurge on upgrades? If you do, how do you do it? And I know I've used points before to go business class and oh my goodness, it was amazing. Doug and I, we actually didn't upgrade this time and we went business class. it was an overnight, was a red eye flight and it was worth it. We did an overnight one with Qatar. Oh no, it was actually Malaysia, Malaysia Airways, from Colombo to Kuala Lumpur. And it was absolutely worth it. It was, I don't know, I think we spent maybe 250 Australian dollars each. We did the upgrade but honestly. And it was only a five hour flight, but it was 100% worth it. So how do you do you splurge? Do you use points or you know, what's the minimum kind of thing? You'll go, okay, it's a two hour flight. M. I'm not going to bother. Thirteen hour flight, I'm going to go for that upgrade.

Melissa Kailey: For me, like Anything that's long haul and like we just sort of said we're saying anything from eight hours. I will always look at my options whether or not I book the business class straight up with points or if than putting the upgrade in if I've got enough points I'll always try for the upgrade or book the points. I just think it's something and I know I'm the youngest out of us three but it's something as you get older

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Melissa Kailey: it's really hard on your body. It's really hard on your body and you know, I am small, I don't have long legs or anything like that so I can only imagine what it must be for other people. It's hard. It's hard. So yep, I'll always go for an upgrade if I can.

Tracy: Oh I absolutely agree. As you get older just comfort becomes so important and I know Shelley, you, you look at point using points as well and, and looking to upgrade when you can.

Kerry Heaney: Yes, so I use points but I usually will upgrade anyways. just like I said to at least like the premium comfort, the comfort class, whatever the airlines may call it due to the fact that I do long term travel and I do travel with that medium suitcase in the carry on and I check it. So sometimes when you book those upgrades they allot you more luggage. Yeah Weight. So for me that offsets the cost. So it's kind of a win win because I get my luggage on there and I'm not having to pay hundreds of dollars for my luggage and, and at the same token I have a much more comfortable seat, a little bit more legroom because I, I'm a little bit taller and so yeah that, that's what I mostly do. I, I very rarely, unless it's short term flights under the eight hours very rarely take economy anymore for long haul flights. And then if I'm lucky enough I'll get bumped up.

Tracy: Yeah. I did you, you shared a picture the other day and I was like that, that doesn't look like economy Shelly. And you said you'd been bumped up. I was like m looks very nice. But so I think the luggage, the, the point you made about luggages is totally valid. And, and the time that I actually did a bid for a flight from Singapore back to Brisbane, I'd actually been shopping in, in Singapore, got the upgrade and went straight back and did some more shopping and marks and because I knew I could take extra luggage on it was brilliant. I was like okay, buy some more food and take it back. So that's what I did.

## **What do you take on a long haul flight that you always back**

So, anyway, let's talk about is this like if we're talking about what we take on, so got a long haul flight. So over the eight hours, are there particular things that you pack in your bag when you take on. So I mean I, I assume, I mean assume you've got some checked in luggage, but if you're taking on that personal, hand luggage with you, what do you take on that you always back? Like, I always have my headphones.

Melissa Kailey: Yeah, I was going to say in the last few years I'll always have my noise cancelling headphones. And the other thing I also do now is have the adapter so that I can use my noise canceling headphones in the airline's entertainment system. So I always make sure I have that. And the other thing I always have in relation to entertainment is I have my iPhone full of downloads. I have been, I, I remember one trip I did with a bunch of people and that, that the entertainment system was not working and I was the only one who had shows downloaded on my phone. Everyone else was just like, oh, this is so boring. It's so this. And I was shocked. These are all other travel bloggers as well. And I was shocked that nobody came prepared. Like I, I always come prepared. You never know when those, entertainment systems aren't working. So I have like, like shows from Netflix, I'll have podcasts, music, because I'm like, I never know what mood I'm going to be in. So I have a range of things and sometimes I never use them, but it's always good to come prepared.

Tracy: Well, I downloaded the entire 3 series of white Lotus for my flight from Singapore to Perth and I watched, I don't know, it's about an hour an episode. So I think I watched five episodes. It was brilliant. Really quick because I was totally engrossed in it. So I look at something that I know will interest me, especially if you're not going to be on an airline that, you know there's not necessarily going to be the entertainment or as you

say, it might not work. So 100% cover. One thing that I do do, and I learned this actually from the amount of travel I used to do for my job previously is I always put, things like a little notepad and a pen and my book in, in a small little bag within my bag so I can lift that out, without having to scrabble around because I think there's nothing worse than trying to find all your pieces in a bag. So I put them in small, little, tiny, little, just little packing bags and do that. And I find that really easy. same with like a little toothbrush or whatever. If I have those things, then I can take those, without having to take lots of different, like just found, trying to find things. I actually didn't do this on our flight from London to Morocco and I lost my, pencil from my, my iPad. Yeah, I've just had to buy a new one. So I think that works really well. So that's a tip that, that I always do. one time I didn't, I lost something. So that's a good idea. What about you, Shelly? What do you always take? Tell me you're doing. It's going to be skin care stuff.

Melissa Kailey: Going to be skincare. I could tell you what Shelly takes.

Tracy: It's going to be skincare.

Kerry Heaney: Well, well, Melissa saw

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Kerry Heaney: me on our trip. I do bring, like either the Evian or the, that mist water. I always have that in my purse because it makes your, your skin. The plane dries out your skin so much. So I miss myself just like a plant, like throughout the flight or I'll go to the bathroom and miss myself. plus it makes you feel a little bit good. Always, always, always a toothbrush and tooth kit. you know, the airlines, way back in the day, they used to, for long haul flights, they used to provide that stuff. They don't do it anymore. so I

either purchase a little one or I snag one out of the hotel room before I leave and I just shove it in my purse and then that way because it, I don't know, I just have to. Those long flights, you have to brush your teeth. and then the other thing that I, that I bring is like you were saying in the last episode, you can't go wrong with the sarong. so I have a standard like sarong that I actually tie to my leather bag and that's what I carry on. And I just tie it on there. Super lightweight. But I can't tell you how many airlines normally on long term, long haul, they'll have a blanket, but sometimes they don't or they run out or whatever. And, and it is flipping cold. So I will just untie it from my bag and then I have a blanket. So those are kind of my essentials. And then I agree with all of you. Noise canceling headphones. Those are like right up there with my skin care.

Tracy: Yeah, absolutely. And make sure you've got some, I guess though you can't use it. You're taking a battery to charge your phone or your iPad. These days are getting a bit strict with, with the, the batteries on, on some of the flights. I know. I can't think what flight it was. Yeah, yeah, we couldn't actually weren't allowed to charge anything on the. So make sure you charge. That's a big. Make sure you charge everything before you get on the plane. Like, if you can have your iPad and your phone to watch stuff, make sure you charge it just in case you can't, because they seem to be getting strict with that.

Kerry Heaney: Well, I'll tell you, Tracy, I just went through, Incheon Airport, and I have never been. Now, they've implemented this rule recently and I've taken several, several flights since. But this was the first time that they actually asked me at check in to show them my power bank. So I was like, okay. So I took it out of my bag, I handed it to her, and she took a piece of electrical tape, black electrical tape, and taped it over like the plugins inserts. I don't know what you call it. And I was like, okay, that's interesting. So then, you know, she handed it back to me. And, some airlines will require you to put it in

a little plastic zip. Some airlines don't. But that was the first time I had seen where they actually had black electrical tape to tape over.

Tracy: So you couldn't use it. Yeah, that seems to definitely, over the last few months, become a bit more of a. They're really concerned. So, yeah, just make sure you've got stuff, stuff charged up before you. Before you go on. I. I was trying to think what else I was take. I tried to take a book, but half the time I don't read it. But it's just have it if I need it. and Doug always has a drink, so he will always buy a bottle of water before get on the plane. That's something always do.

### **Doug: I always make sure I buy at least a liter of water**

Kerry Heaney: Yeah. And that's in. In one thing I want to piggyback, off of that, off of Doug here is I always make sure that I buy like at least a liter of water and maybe some, one with electrolytes in it so you stay hydrated. But the pet peeve I have is now these airlines have two checkpoints. Sometimes. So you think. So you think you have cleared the checkpoint, it's okay to purchase, and then they pop up another checkpoint, and then you're stuck with the liter of water that you have to chuck and then you got to buy new water. That happened to me twice later.

Tracy: I know. So when I went the last time I went through Dubai, they. After when you got. Because there's a few checkpoints there before you get on the plane. But the very last one there was a water fountain so you could refill a water bottle. So that's the other thing that obviously rather than having to buy a bottle of water is that Doug was travels with his water bottle is then if you can't refill it, if there's actual, water stations, which I think that's, that's also something I'm seeing a bit more that they're trying to encourage

you to do that. So that's pretty good.

Kerry Heaney: Yes.

Tracy: Now, what you wear on a long haul flight now if you're in business class, you get the pajamas, which I still have my pajamas from Qantas. Thank you very much for my, my, which Douglas takes the mickey out of. But I like wearing them. So obviously whether you change it the pajamas is up to you. But generally what you

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Tracy: wear a long haul flight. Well, I tend to wear the most comfortable trousers I can find. And underwire bra. No, thank you very much. Not very comfortable. So just a not underwire bra and comfortable top. I don't care. I don't care necessarily how I look. I just want to be comfortable. But what about, you know, do you go for comfort and I can know what shell's going to stay on this one style or both? See, I'm just comfort. What about you, Shelly? Because I know what you're gonna say.

Kerry Heaney: Well, well, we had this conversation a little while ago because I did a little like snippet video, about that because I don't know, my frame of thought is if you dress nicer. Casual comfort, yes, but nicer casual, you know, for me, sometimes I get a little bit more perks. sometimes it's a different level, different vibe when you go through immigration, it's when you arrive at the hotel, you sometimes will get perks or you sometimes will get a different vibe from them. So I'm not saying dress dress up, but I always make sure I'm very put together.

Tracy: Can you tell M. Shelley is the glamorous one out of all? I am going to say that. I

am going to say that I don't know. Do you agree, Melissa?

Melissa Kailey: Well, I do. And I'm the least glamorous out of the three of us. If you could see our, video right now, you would see what I'm talking about.

Tracy: So what about you, Melissa? When you go on a flight, what do you.

Melissa Kailey: Absolutely. But I tend to wear the same thing every time. Like a pair of leggings. yeah, a T shirt and a jumper. And normally I'll have shoes that I can easily take on and off. Like, I'm totally for, Yeah, comfort.

Tracy: Yeah, no, that's me. Right. I'm gonna do a quick. A quick fire one this time. You can't think about it. You're just gonna give me the answer straight away. Window, aisle or middle. Which one?

Melissa Kailey: Window, Aisle.

Tracy: Window. Window.

Kerry Heaney: Which.

Tracy: Why? Why window, Melissa?

Melissa Kailey: I like the window because I like putting my head against it to try and sleep.

Kerry Heaney: Yeah, I. I like I.O. i like I.O.

Tracy: Yeah, you've got long legs, so I'm guessing that I, might be better for you for your legs, though, Shelley. So I like window because I like to see where I like to see out. I hate it. Hate it when it's night. And I hate it when they make you close the blind because I like to see where I am. Even if I'm the clouds, I want to see the clouds. I feel happier with that. Nobody wants to sit in the middle seat. Doug always the middle seat when we fly because I always have to have the window one. So he kind of was a bit sulky about that.

Melissa Kailey: Aren't you charge less for the middle seat because then maybe more people would sit there.

Tracy: Yeah, that's true. That is absolutely true.

## **Do you take snacks with you on the flight? Do you take anything specific**

So now, do you take snacks with you on the flight? Do you take anything in particular, or do you just depend on what they give you during the flight?

Melissa Kailey: I just. Whatever they give me. I always take water with me, but might have some Mentos, but not.

Tracy: Yeah, you should take sweets for takeoff. Something to chew on. What about you, Shelley?

Kerry Heaney: I always have snacks. Yeah, I really. I get teased by my friends because

even, like, going any place, I have snacks. when we went on our trip, Melissa, I had snacks.

Melissa Kailey: You did?

Kerry Heaney: I did, Yeah. I always carry, at least two protein bars and then usually a small bag of nuts and then, of course, water, because I have gotten some stuck. Like, it. Like, if a plane's late, a layover, or I get in at, like, 1am M someplace, and, like, there's nothing open and no food. So, yeah, sometimes it's not necessary for the plane, per se, especially if you're in business or something like that, because they tend to feed you the whole time. But, But no, I. I always have snacks.

### **Shelley: I really struggle with jet lag coming back from Australia**

Tracy: So let's talk about jet lag. Now, I've avoided Jet lag. This particular trip, because I've come back so slowly and I hate. I really struggle with jet lag. I really struggle going, coming back to Australia is from, from being in Europe is particularly. I found that direction far more difficult than kind of going, west towards Europe. Now, Shelley, you've just literally skipped a whole back. You've gone back in time, you crossed the international date line. so you went over from, from Southeast, Asia, over to the States. So now how are you dealing with that jet lag? Are you experiencing any jet lag?

Kerry Heaney: You know, I, I am, I am. Usually the first couple days are the hardest. but I will tell you, the Australia one, you are right, Tracy. That Australia one really kicks your butt. For, some reason. That one's like the hardest one. But yeah, I, Yes, usually the first couple days are like really the hardest. And what I tend

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Kerry Heaney: to do is make sure I'm super hydrated before the flight, during the flight, after the flight, because I know it sounds minor, but it's good for fatigue, you know, your mental clarity, all that. And then I also, you know, try not to book myself for anything like the day after and maybe even two days after if I know it's long because then that way it gives my body, like Melissa was saying, you know, especially if you're, you know, getting a little bit older or you're traveling multiple, multiple flights. you know, your body needs time to recover because you're not going to enjoy doing what you're doing if you're miserable. And then I try to stay up. So like when I arrived here, I arrived here at, almost 1:00am in the morning. And so I had to like, make myself go to sleep, which I wasn't tired. But you know, you just try to adjust. But that's. Yeah, that's the hard part.

Tracy: I think that's a good tip, I think getting if, if you can. And I remember in the 80s because I was a nanny, you know, and I worked for a family and the guy was constantly flying around the world and I, I remember saying to him, how do you deal with all the jet lag? And how do. And he said the, the thing I do directly into the time of the zone that I'm arriving to. so if that means going to the gym to keep myself awake until 10 o' clock and then I'll go to bed, that's what I'll do. so that's for eating, for sleeping, for doing like just keeping yourself into exactly what you'd expect even if you don't feel like it. And I know, I find it easier to say, go to Europe and I'll just. My mom, usually we stay at my mom's and she just like keeps us away, keeps talking to us and, you know, we'll produce each other, keep away, you know. But I think it's harder when we get back to Australia and we're back in our apartment and we're like, we really struggle. And I've had a friend who's done it recently, been taking melatonin and she said that that's helped. Yeah, ah, that's helped her. So it's not something I've tried before.

## **Melissa: Give yourself some time to adjust to new time zone**

How do you cope with, jet lag? Melissa?

Melissa Kailey: I think you guys have really covered it, like trying to adjust to the new time zone straight away, whether that's staying awake or trying to go to sleep. yeah. And giving yourself a bit of space. I don't know. I don't tend to find I suffer jet lag when I go somewhere. And I kind of thought that was because I was really excited about the new place. And then when I come home, I find it really, really tough. But then everyone says it. So like you said, it's obviously something to do with coming back to Australia and it messes with you. And I find it can take me a good week, even two weeks sometimes. And I'm always really surprised, particularly like for Australians who land in Australia and have themselves going to work the next day. Like, I think that's mental. Like, you definitely need to like, give yourself a couple of days if it's a long haul flight anyway, so you have to have a few days.

Tracy: And one other thing I will say as well to avoid doing if you're on a long haul flight is please, please, please do not get off a long haul flight in London, Heathrow and hire a car. Really don't do that anywhere, anywhere that you drown. Because I just, it's. Even if you've been in business class and you think you slept, you still weren't had a proper night's sleep. And I just think that it's just a really dangerous thing to do if you, you know, feel like I'm just gonna. So we always give yourself a d. Give yourself some time. And I want to talk to people flying into London. Give yourself that, to just do a, ah, hop on up off bus, get picked up at Heathrow, get taken to your hotel, chill out, don't put stress on yourself to overfill your first day. And I know some people have said, oh, well, I'm so excited. I want to do everything. I said. To be honest, I feel sometimes like a zombie on that first day where I can't, I couldn't tell you half the time. I do. Sometimes

you, like, feel it, you're floating, you're so tired. And, you know, and people have said that people who work like night shift just said that's what it's like when you do a night shift and you get into your sleeping pattern. So I think it's important to give yourself that time to adjust. Don't put too much pressure on yourself to fill your first day with loads of stuff. And when you get home after the trip, don't go back to work, if you can, the next day. especially when you're doing a long haul flight back to Australia, which is, you know, we're talking 23 hours. It's a reason. It's a long, long flight. So I think those are all kind of important things to think about.

Kerry Heaney: I was going to say, Tracy, you're absolutely right about hiring, a car. but like, when I went to Australia, you know, I did not drive for like the first week. I, I just, I mean, I had to go to the store or whatever. I took an Uber. I took. Because I just, I, I was so wiped out. I'm like, there is no way I'm gonna get behind the wheel of a car. So that is like really, really pertinent information.

Tracy: M. For sure. Yeah, I think it's important.

## **One tip that I followed when traveling with my daughter when she was little**

Melissa Kailey: I just had a little tip that someone shared as a family. Travel for any of our families that are listening, that one thing that I got told, and I followed

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Melissa Kailey: it when I was traveling with my daughter when she was little, is when

you're on the airplane trying to get the kids in the, time zone. So, for example, when I was traveling with Myla, when she was a tiny one, I would even pull out her pajamas and put her in her pajamas and get out a book and like you would at home, even if it was like 3 o' clock in the afternoon at Australia, in Australia, but kind of say, you know, we're going to sleep now, you know, on the airplane. Because it's one thing for us when we get to a new destination to stay awake or go to sleep. But it's a bit much to expect the tiny kids to be able to do that. But I always found that it really worked pretty well with her that she was like, oh, I'm going to sleep now, because I'm in my pajamas and getting a book read to me.

Tracy: So, yeah, I was going to, I was actually going to ask you because, you know, because you've traveled quite a lot around the world with Myla. how did she cope with that, jet lag when she got older? Did it get more difficult?

Melissa Kailey: She was always a really good sleeper on an airplane. So, you know, I don't know whether I was just lucky, but, you know, I think when they're little, it's much easier for them to be on a plane. One thing that I did, and I guess this is a tip for long haul flights. I've always paid for a seat for Myla. I've never, ever flown long haul with her on my lap. I do not know how parents do that.

Kerry Heaney: It.

Melissa Kailey: That's crazy. I think. So I've always paid for her to have her own seat. And you know what the good thing is? They're so tiny, they take up so much little space. So you get a bit of extra space.

Tracy: That's a good one. That's a good thing.

Melissa Kailey: I know, like, you might be like, oh, but I can save money. But honestly, I think it's crazy to think that you're going to have a kid on your lap for 17 hours or whatever it is.

Tracy: No, no, definitely not for that. I couldn't, I couldn't imagine that. I think that the first time I took Dominique Longhorse was. She was five and I took her to South Africa and she had her own seat. There's no way. It's like. No, she'd have to. I don't know. Is there an age limit on. Oh, okay. Yeah.

Melissa Kailey: Well, at least most. I mean, my daughter's, 14 now, so it's been a while, but at least it used to be two.

Tracy: Yeah, No, I couldn't imagine, like even having a wriggling toddler trying. Really, really difficult. Really difficult.

## **Have you got any tips for surviving long haul flights**

Okay, so let's, let's end the podcast. We've been talking for 30 odd minutes already, which is, I mean, we can talk forever. I know we can. And, about flying, because it's something we do all the time. I think it's really important. Now, have you got one tip that you would share for surviving long haul? And I'm going to start with saying if you can avoid it.

Kerry Heaney: That's my, that's my tip.

Melissa Kailey: I enjoy doing Australia, though.

Tracy: Well, and we've got a long, we've got a few long hauls at the end of the year because we've got a South American Antarctica. So We've got long hauls coming up which I've already started to talk to. Talk about stress and going, oh my goodness. but I'll be with you. I don't like flying on my own as well. So if I can fly with, fly.

Kerry Heaney: With a friend.

Tracy: That'S mine. What about you, Melissa? Have you got any particular tip?

Melissa Kailey: Oh, save up to those points and fly business class or like Shirley said, at least the middle one, premium economy is, tends to what we call it here in Australia. But yeah, save up those points and don't fly economy.

Tracy: Yeah, that's a good one. And Shelley, could I do two?

Kerry Heaney: Okay, so, so one for long haul flights. I know this may sound a little bit frivolous but like I'm a vegetarian so I make sure that before when I'm booking my flight that my meals are pre ordered before I go because there's nothing worse than getting on a flight and then you have no food. So that's going to cause more jet lag, that's going to cause this, that's going to cause a bunch of things. So that's one thing and the airlines don't charge anymore for that. So I mean you might as well get what you want to get. and then the other thing I would say for a long haul flight is again, try to book it at least like a couple weeks or three weeks in advance. And again I use my VPN because sometimes if you are looking for flights on search engines, you can purchase the ticket in that country's currency and that could save you a lot of money if you like myself, I'm us and let's say I buy a ticket in, you know, Asia, the currency exchange. So you know, keep that in mind when you're searching your flights. You know, it's worth a look.

Tracy: Oh, those are really good tips. Well, it's, as always, it's really good to catch up with both of you. next month, next month we've got a great topic because we're going to be talking about kind of Lost in Translation. So we're going to be talking about in language because there's been some really interesting tiktoks being shared by Shelley which have gone down a storm, with, you know, we might all speak English, but Australian English,

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Tracy: British English and American English very different. And, and there are as often lots, lots of things lost in translation. So we're going to be talking about that next month. but it's been great chatting to you about flights, and about long Haul Travel. I do want to do a big shout out from all of us to Laura, who I think is probably one of our biggest fans. Thank you. Every week Laura's leaving us a message on so Speak Pipe, which is wonderful and we love listening to your, your tips and your thoughts as well, Laura. So please continue to do that. It's, it's very special and we look forward to that. So thanks very much. And anybody else listening, if you want to leave us a message, get in touch with us via Speak Bite like Laura does. We'll get back to you and, we'll give you a shout out on the podcast because we, we, we love to, we want to get to know you guys as well. What is it that you want from us? What information can we share from our experience and our tips? What do you want to know? That'd be great. So let us know. But, great to catch up with you guys. I'm going to be seeing you soon, Melissa. I'm not sure, Shelley, when we're going to catch up, but we will make, we'll make a date for the next podcast for the end of next month. But, great chatting to you guys. So thanks very much as always for joining me, this month. And I'm just going to say you can find, all the links to anything we talked about in the show notes@globaltravelplanning.com forward/episode56. And there'll be links, to Melissa's websites and Shelley's websites. Tick tock

all social media so you can follow all of us on that. But that leaves me to say, until next week's episode, happy Global Travel Planning. Bye.

Tracy: Thank you for joining us on this episode of the Global Travel Planning Podcast. For more details and links to everything we discussed today, check out the show notes@globaltravelplanet.com Remember, if you enjoyed the show, please consider leaving us a review on your favorite podcast app because your feedback helps us reach more travel enthusiasts just like you. Anyway, that leaves me to say, as always, happy Global Travel Planning.

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