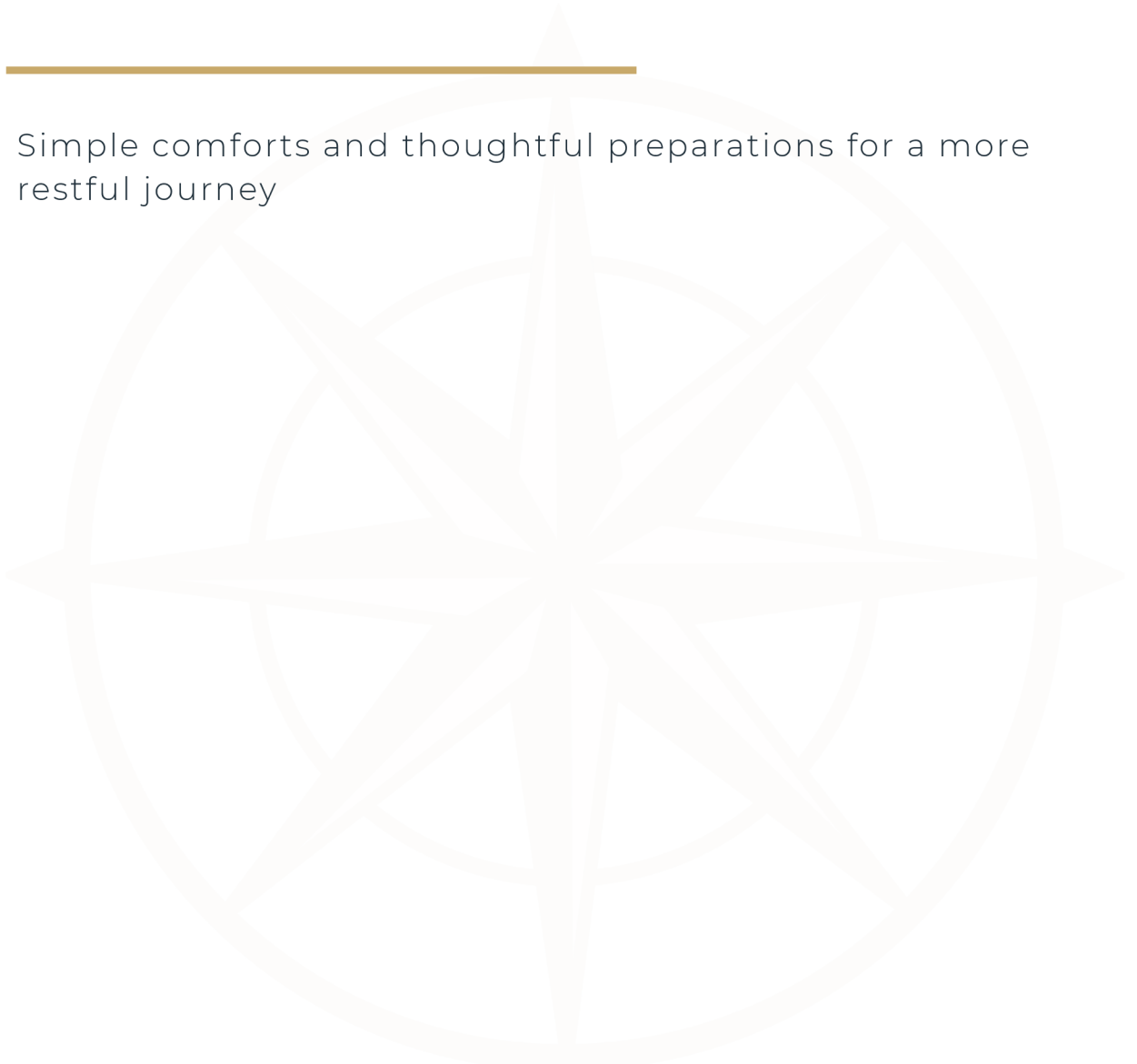


LONG HAUL FLIGHT COMFORT GUIDE

Simple comforts and thoughtful preparations for a more restful journey



AURORA & ANCHOR



LONG HAUL FLIGHT COMFORT GUIDE

Arrive rested, not rushed

COMFORT ESSENTIALS

- 🚢 Neck pillow
- 🚢 Eye mask
- 🚢 Noise-canceling headphones
- 🚢 Compression Socks

IN-FLIGHT ROUTINE

- ⚓ Hydrate regularly
- ⚓ Stretch every few hours
- ⚓ Avoid heavy meals before sleep

⚓ PRO TIP:

Set your watch to your destination's time before boarding and begin adjusting your routine onboard-this helps your body transition more smoothly upon arrival

START YOUR NEXT JOURNEY

“Let Aurora & Anchor design your next journey”

www.AuroraandAchor.com