



## TIPS FOR TRIPS TO THE TROPICS

From Captain Holly Scott

After dozens of flights and sailing trips in the tropics, I've found a few things that make long flights stopping in hot places more bearable. Feel free to make use of my learning process...

### Flights:

Many flights are at odd times – usually in the middle of the night. My trick is to eat something filling either before the flight or on the plane, and order two drinks as soon as they start serving. Then it's time for the ear plugs, a neck pillow, a blanket and off to sleep. Eye covers if you're next to somebody that is reading or watching the movie. Don't forget to drink lots of water when you wake up, and walk up and down as much as you can. Day time flights aren't so bad, I usually read or watch the movie. I usually wear long pants, a tank top with a long sleeve button shirt over, shoes and socks. About an hour before landing, I go to the head and change into shorts and sandals, wash my face, brush my teeth, and I'm ready for the temperature change when the plane lands. Many airports don't have jet ways, or air conditioning, and it gets pretty miserable walking across the tarmac, waiting for bags, customs and taxis if you're overdressed.

These days, food can be an issue, so I always bring something to munch on – nuts, crackers, granola bars etc.

Here's what I pack in my carry on bag:

Shorts and sandals

Earplugs and eye covers

Snacks

Neck pillow

Book or magazines

Toothbrush and toothpaste

Hand wipes and baby wipes

water bottle from the airport

Ear buds

Passport, \$\$\$ and sunglasses

*\*Enough meds, undies, toiletries, etc. to spend the night without your luggage if it's lost.*

Be sure to have a distinctive tag or something on your checked bags so somebody else doesn't grab your bag thinking it's theirs. It often rains in tropical places and you

bag may sit in a puddle or in the rain while it gets loaded and unloaded, so pack accordingly (i.e. place your foulies or rain gear on the top and bottom.)

Once you get there:

Can you say HOT? Think light fabrics, light colors, loose clothing, comfortable shoes. Don't be surprised if your feet swell up and your shoes hurt your feet. The more water you drink, the less swelling you will have! Quick dry clothes that you can rinse out along the way are better than packing 10 of everything. Don't forget a wide brimmed hat and a rain jacket. Less is more!!!

I bring a small under-my-clothes bag to carry cash and my passport. Make a color copy of your passport and keep it in another bag in case yours gets lost.

I also bring:

Spare glasses and sun glasses	sewing kit
Small multi tool	small First Aid Kit
Travel TP and seat covers	clothes pins (wood)
Bug stuff	sun screen
A few large zip lock bags for wet swim suits, treasures and ???	

Fold up shopping bag/back pack/duffle bag for all the cool stuff you buy to take home that won't fit in your suitcase.

A list of phone numbers on paper in case you lose your phone or it dies along the way... Leave a copy of your passport, and your credit cards at home with a responsible person who can cancel everything in a jiffy if your wallet gets lost.

And a big smile and a good attitude for when things aren't perfect: they fix things sooner every time!



Captain Holly Scott & Captain Katie Scott  
562.787.5653 / holly@mahalosailing.com 562.682.1011 / katie@mahalosailing.com