

# Travel Tips for Flying

Hello Air Travelers!

For some of you, this will be your first time in the sky, and that can be a little bit daunting. But don't worry, we at APRIL have traveled frequently across the country, and are here to help.

## **Here is what you need to know to navigate the airport:**

There are 2 types of bags:

1. Carry-on luggage (that you carry on the plane with you) and;
2. "baggage claim" where you give to the airport staff at the front for a fee (depending on your ticket) and they will store it basically at the "trunk" of the airplane for more room.

Carry on luggage that is suitcase size is not always guaranteed for the airplane to have room, and they may ask you to give it to baggage claim.

Purses and backpacks, bags that you can fit under the seat of the plane does not apply.

## **At the very front of the airport:**

You will check in at a Kiosk with all your information on your ticket, and if you choose to give your luggage to staff, towards the back of the kiosk is where you go in line to do so, have your ID ready.

Navigating the airport for the first time can be tricky, and if you're having a hard time, ask one of the airport staff—their job is to help you.

## **The gate is where you go to wait for your flight.**

You will follow the signs (may have to go upstairs, you may have to cross long hallways) on where your gate is. If you have an iPhone, you can also look at your Apple Map, and it will have the entire airport mapped out for you, and nearby shops and restaurants.

## **Once you have landed:**

You will follow signs to baggage claim, and somewhere above each carousel should have the city and state the airplane came from.

So, you choose your own city and state, and wait for your bag.

Outside, there should be signs for Uber and Lyft, usually across the street from the airport, sometimes to the very left or right side.

Then, you put in 375 NE Holladay St Portland, OR 97232 United States for the destination.

Please use safety precautions and double check that the license plate matches the uber on your phone, and ask who they are picking up before getting in the vehicle.

**If you are blind, you can use “Be My Eyes” app:**

This app is where a volunteer will help you navigate through your phone camera the uber driver, and have them double check the plate on the app and the car before going in.

**Anxiety Tips:**

The fact is, airplanes are a lot safer than other means of travel, like driving a car. There is lots of security and modern technology that keeps us safe on all ends of travel.

But sometimes knowledge isn't very practical when you're doing something for the first time.

- Make sure you have plenty of water and snacks that you enjoy for the trip at the airport and plane.
- Bring some headphones, and some earplugs. I recommend Loop Earplugs for maximum comfort and control.
- Bring a comfort item. This could be a fidget toy or a plushie. I would recommend a plushie if it helps, as it also “signals” to others that you may need extra help, or more plain language when asking for directions.
- Give yourself a list of things to pack and check them off before going to the airport. Knowing you already have everything you need can give you peace of mind
- Text a buddy. Let them know at each stage where you're at, and how you're feeling. Having someone with you even virtually can help a lot
- If anxiety arises, breathe in for 4 seconds, and breathe out for 6 seconds. Do this 5-10 times.
- You can also focus on your surroundings. Start to name things around you, and your 5 senses. What can you see? What can you feel? What can you smell? What can you taste? What can you hear? Once you're done, celebrate in a small way.

I hope this helps, and we look forward to seeing you all there!