A few tips to remember as we are preparing for our travels! There will be a 3-hour time difference (jump forward), so it is best if 1-2 weeks before we go, you start waking up an hour or two earlier than you normally would, as well as trying to go to bed an hour or two earlier. It is going to be a big change once we get there, so the better you can prepare, the better you will feel as you head into competition!

A reminder that when packing snacks to travel with on the airplane LIQUIDS are NOT ALLOWED (this also applies to yogurts, dips, etc.)….so stick to the dry food snacks!
Ten ways to help reduce jetlag

Jetlag affects all travellers. Unfortunately there is no cure or magical way to avoid jetlag but there are a few tips and tricks to get you back to your travels quicker.

1. Arrive Early
   Try and arrive a few days earlier to your scheduled work or activities to try and sleep off jetlag.

2. Wear Sunglasses
   Your body responds to light. Control light exposure by wearing sunglasses.

3. Rest
   Staying up all night before departure and sleeping on the plane NEVER works. Ensure plenty of rest prior to your journey.

4. Plan a Stopover
   Travelling long distances is tiring. Plan a stop over to break the journey and minimise jetlag.

5. Keep Calm
   Stress can make jetlag worse. Stay organised with everything from tickets, to checking in and arrive early at the airport.

6. Drink
   Water, not rum that is. Staying hydrated helps reduce jetlag, fatigue and headaches. An average three hour flight can shed 1.5 litres of water. Avoid caffeine and alcohol.

7. Get Comfy
   Use earplugs or noise eliminating headphones and wear an eye mask to help rest on the flight and create the right conditions for sleep.

8. Eat Right
   Avoid junk food and heavy meals. Eat healthy the first few days and try to eat closer to your destination meal time a few days before departure.

9. Sunlight
   On arrival at your destination try to stay in natural sunlight as much as possible. This assists the natural body clock in knowing that it’s still daylight.

10. Exercise
    When you arrive use the hotel gym or go for a run in the evening to help tire yourself out and burn off excess energy prior to sleeping.