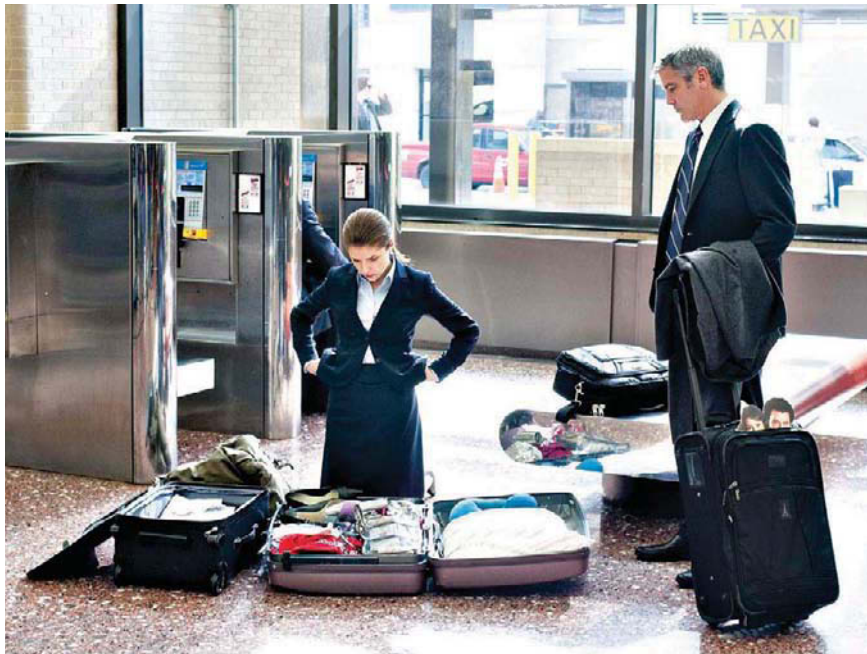


# The happy flyer

A little planning goes a long way towards making your trip an adventure of the positive kind



1. Do an online check-in before heading to the airport to avoid the queues.
2. Study a blueprint of the aircraft and find a seat that offers more legroom, better access to the aisle or that's quieter (away from the galleys and toilets).
3. Pack light and wear heavy items.
4. Download some Apps: Kayak will help you find good deals and Tripit will keep all the information together.
5. Buy a travel adaptor: Apple has an international travel kit that fits every country's plug.
6. Avoid a luggage check-in, if possible. Look at luggage brands like Crumpler which specialises in maximising what's allowed for the cabin.
7. Skype. Forget international SIM cards.
8. Choose the right line at customs, aka George Clooney's strategy in *Up in the Air*.
9. Drink plenty of water before getting on the plane and keep moving during the flight, either by walking around regularly or doing yoga stretches. (See the anti-flight fatigue exercises on p178)
10. Be loyal. Accrue miles from our frequent flyer programme, Voyager, and access to upgrades and easy boarding are then included in your perks. – **Daniel Scheffler**

Finally, Johannesburg has its own hop-on, hop-off bus. City Sightseeing, which operates the iconic red open-top bus in over 100 cities is taking on Egoli. The route runs through the CBD taking in attractions like Gandhi Square and Constitution Hill. Get off at any stop and rejoin the tour later. [www.citysightseeing.co.za](http://www.citysightseeing.co.za) or ☎ 0861 733 287. Tickets cost R120-R150. – **Nikki Temkin**



## THE ART OF PACKING



In the 1830s a Frenchman became the official packer for the wealthy of France's burgeoning capital. Years later he started his own luggage brand called Louis Vuitton. The LVMH brand has released a set of packing tips as an interactive experience

called "The Art of Packing" ([www.louisvuitton.com](http://www.louisvuitton.com)). With space restrictions on flights and passengers reluctant to check in luggage that could get lost, stolen or delayed, packing has indeed become an art.

- Heavy items like shoes and books go at the base of the bag, nearest its wheels.
- Wrap shoes in shoe bags to prevent them soiling other items with polish and dirt.
- Use socks and underwear to fill

"When you figure out your suitcase, you figure out your life." – Fashion designer Diane von Fürstenberg

- Choose garments in light, non-crease fabrics that are easy to wash and don't require ironing.
- Don't fold garments: rather roll T-shirts, shirts and jackets (with collars up and in). Pants are rolled from the bottom up.

- little gaps in the case.
- Reduce creases by hanging items in a steamy bathroom when you arrive at your destination. A sharp shake will pull a garment back into shape. – **Daniel Scheffler**