



AIS

**TRAVEL
READY**

Paris 2024 *Travel Tips*

Give yourself a flying start with these top tips from the AOC Performance Support and Medical Services Teams.

Rest is Best

In the weeks before you fly, protect your immune system by prioritising sleep and following a periodised training plan. In-flight, binge on rest and sleep, not on movies!

Expect the Unexpected

Travel doesn't always go to plan, approach your trip with a flexible mindset, problem-solving attitude, and willingness to adapt to changing circumstances. Embrace the Paris adventure!

Pack & Prepare

Planning and preparation can help reduce the stress associated with travel. Be organised by creating a Paris packing checklist and maximise your in-flight comfort with a travel tool kit (e.g., noise cancelling headphones, eye mask, neck pillow).

Move & Stretch

In-flight, move to break up long periods of sitting. Pack appropriate treatment tools (e.g., spiky ball) as required. No gear? No problem! Use basic items to assist mobility (e.g., lie on a rolled-up jumper for thoracic stretch).

Treat Germs Mean by Keeping Clean

Practise good hygiene by using hand sanitiser, face masks, nasal spray, eye drops, and antibacterial wipes to keep germs at bay.

Send Jet Lag Packing

It's typical to be jet lagged after a long trip. Consider using a jet lag adaptation plan detailing when to seek and avoid light, this will increase how quickly your body clock adjusts to Paris time.

Flight Food

Your travel days may mean lower fuel demands, if you have higher needs pack additional snacks. Visit or contact the AOT Nutrition Hub (the Tucker Box Bistro) to familiarise yourself with nutrition support in Paris.

Power Up

The standard voltage in Paris is 230 V and 50 Hz, meaning you won't need a voltage converter, but will need an adapter plug. Consider packing power boards, and spare batteries to keep you powered up.

Prioritise You

Practise self-care in the lead up to the Games and during travel by prioritising your physical, emotional, and mental well-being. Avoid crowded indoor gatherings in the week prior to departure to minimise the chance of developing an infectious illness in the lead up to the Games.

Get Physical

Touch base with the Physical Therapies teams to report any concerns following your trip; and the Soft Tissue Therapy team to discuss how to replicate your at-home or on-tour soft tissue schedule.

Pull Your Socks Up

Wear medical grade compression socks throughout your trip to reduce swelling and the risk of deep vein thrombosis.

Arrival Revival

To reduce travel fatigue, have a recovery plan ready for your arrival in Paris. Visit or contact the AOT Recovery Hub to access a range of recovery strategies and the relaxation station.