



PATH TO PARIS



Prepare for take-off with these top tips

The flight from Perth to Paris is **17 hours**. A single flight of this duration may be a new experience for you.

The benefits of an uninterrupted flight include:



You get there faster! The reduced travel time accelerates recovery and gets you ready for peak performance sooner.

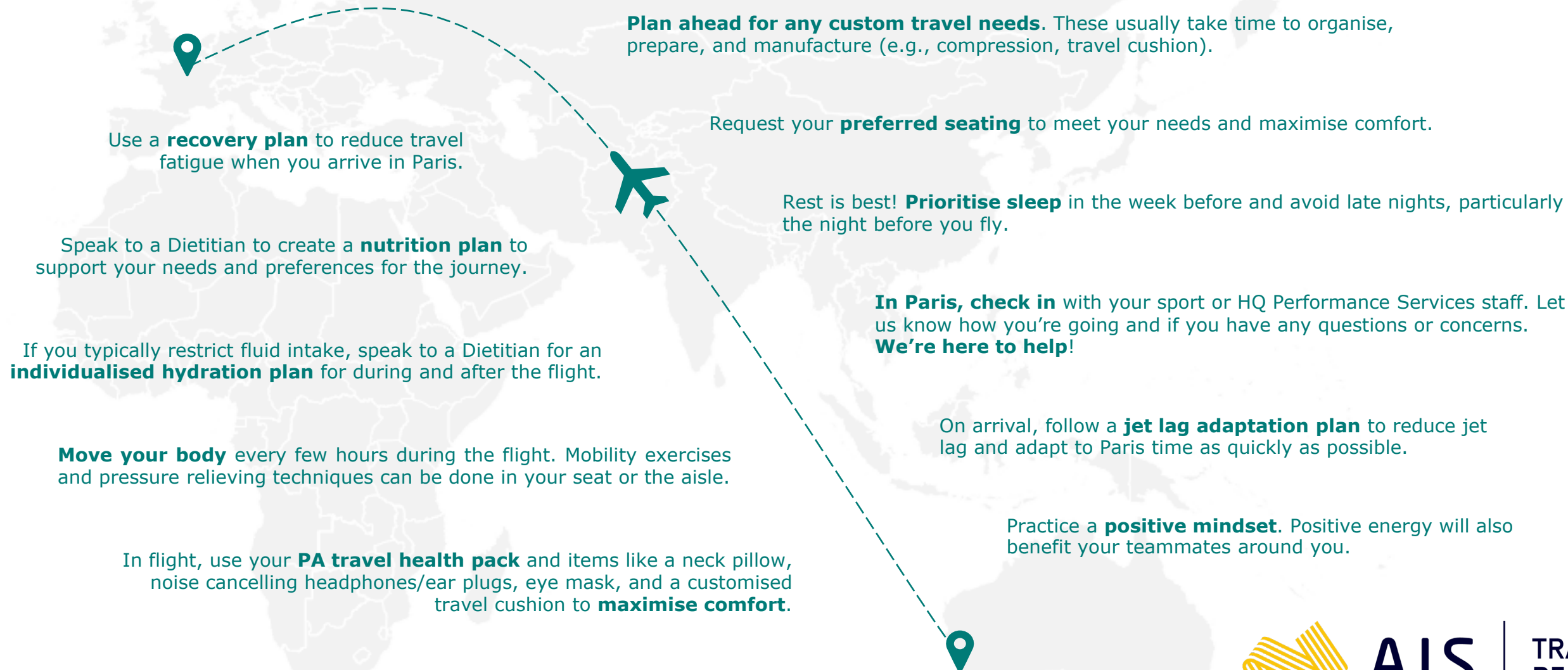


Less hassle and delays! No disruption in the middle of the night when sleep and rest are best.



Less baggage handling, reducing the likelihood of items going missing or getting damaged.

Don't wing it! Use these tips to **plan and prepare** for your trip to maximise wellbeing and comfort, reduce the risk of a pressure injury or urinary tract infection, and give yourself a flying start when you arrive in Paris.



AIS

**TRAVEL
READY**