

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.



Use a **recovery plan** to reduce travel fatigue when you arrive in Paris.

Speak to a Dietitian to create a **nutrition plan** to support your needs and preferences for the journey.

If you typically restrict fluid intake, speak to a Dietitian for an **individualised hydration plan** for during and after the flight.

Move your body every few hours during the flight. Mobility exercises and pressure relieving techniques can be done in your seat or the aisle.

In flight, use your **PA travel health pack** and items like a neck pillow, noise cancelling headphones/ear plugs, eye mask, and a customised travel cushion to **maximise comfort**.

Plan ahead for any custom travel needs. These usually take time to organise, prepare, and manufacture (e.g., compression, travel cushion).

Request your **preferred seating** to meet your needs and maximise comfort.

Rest is best! **Prioritise sleep** in the week before and avoid late nights, particularly the night before you fly.

In Paris, check in with your sport or HQ Performance Services staff. Let us know how you're going and if you have any questions or concerns. We're here to help!

On arrival, follow a **jet lag adaptation plan** to reduce jet lag and adapt to Paris time as quickly as possible.

Practice a **positive mindset**. Positive energy will also benefit your teammates around you.



