**Barcelona Pilgrimage - Air Travel Tips**

1. **Clothing**
	1. Wear something comfortable on the plane
	2. Shoes that can slip on and off
	3. Large scarf that can double as a blanket
	4. Compression socks for better circulation
	5. Little to no jewelry for quick security checks
2. **Luggage**
	1. Four wheels for easy movement
	2. Soft or hard side
	3. Easily identifiable with bright luggage tags or luggage straps
3. **Security Check Points**
	1. Take the left line if possible, it is almost always shorter. Most people go to the right because they are right-handed
	2. Participate in the TSA Pre Check Program
		1. Faster lines
		2. Keep shoes on
		3. Keep liquids in your bag
	3. Slip on/ slip off shoes (wear socks so bare feet aren’t on public floor)
	4. Little to no jewelry to avoid setting off security scan
	5. Remove coats, belts, shoes (senior citizens do not have to remove shoes)
	6. Have passport and ticket ready for first check in and then put them away
	7. Do not talk on cellphone during the security check in procedure.
4. **Carry On Bag**
	1. Avoid having to spend money on expensive bottle and snacks at the airport
		1. Bring collapsible water bottle & fill up once through security
		2. Bring your own snack bags
		3. Bring gum – great to have for ear pressure and it is not sold at PTI airport
	2. Neck pillow – inflatable pillows save room in your bag
	3. Eye mask and earplugs
	4. Earbuds to use the airline entertainment system
	5. Kindle or IPad with previously downloaded movies, music, etc.
	6. Eye drops, moisturizer, antibacterial gel, chap stick, Kleenex in smaller separate bag
	7. All electronic equipment in a smaller separate bag
		1. Charging Cords
		2. Earbuds
		3. Portable Charger
		4. Power Splitters
	8. Change of clothes
	9. All medication in smaller separate bag
5. **Packing Your Suitcase**
	1. Roll clothes instead of folding -our hotel has irons in each room.
	2. Pack shoes in shower caps
	3. Use packing cubes – visit amazon.com
	4. Bring travel size toiletries – our hotel provides soap, shampoo, conditioner
	5. You won’t need a hairdryer – they are provided by hotel
6. **Prior to Departure**
	1. Exercise the day before. It helps avoid jetlag
	2. Eat healthy the day before. Stay away from anything that causes bloating/stomach pain.
	3. Get a good night’s sleep
	4. Use your phone to take a picture of suitcase. Just in case.
	5. Weigh your bag before you arrive at airport
	6. Add dryer sheet to suitcase for fresh smell
	7. Make sure all of your devices are fully charged.
7. **Travel Hacks**
	1. Use clothespins to hang wet clothes from shower curtain
	2. Use the charger on the back of the TV to charge your phone
	3. Sit just outside of airport lounges to pick up free wifi
	4. Barcelona has multiple hotspots with free wifi
	5. Be patient with the craziness of airports. Give it to God!

Hope these tips are helpful. Remember that they are just tips; you are not required to follow any of these suggestions. I’m so excited to travel with all of you on this wonderful Advent Pilgrimage to Barcelona!

Best, Meredith