

Tips to get you from here to there



1. Stay Hydrated

We know...those airplane bathrooms were small BEFORE you were pregnant! But plenty of H₂O will lessen the chances of headache, nausea, dizziness, and swelling.

2. Wash Your Hands



Just like mom says! It's one of the easiest ways to reduce the spread of germs.



3. Increase Vitamin C

Boost your immune system and keep the traveling germs away.

4. Supplements



Ask your dr. or midwife first! Elderberry, zinc, and echinacea can prevent cold and flu symptoms and prevent upper respiratory infections too!

5. Wear compression socks



Compression socks can reduce swelling in your legs and ankles and help your blood to circulate. Perfect for when you are sitting for long periods of time.

6. Salve for your nose



When our sinuses dry out they produce excess reactive mucous to compensate, which can breed infection and create congestion. Rub some salve or coconut oil inside the nostril to keep it from drying out.



7. Eat healthy snacks

Plan ahead and skip the drive thru. Pack nutrient dense snacks like unsalted nuts, cheese cubes, protein bars and hydrating snacks like veggie sticks and fruit.

8. Sleep



Sleep is challenging enough being pregnant but can be more so when trying to catch some Zs mid-flight or in a different bed. Bring your body pillow, ear plugs, and a sleep mask to make it as easy as pie for a restful night.



9. Self-Care

Talk a walk, leave the room, take a nap, listen to a guided meditation. You owe it to yourself and your baby to take care of YOU!