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How high up can you see a plane

If you think finding your place and fighting for above ground space is all you have to do when you get on a plane, you may be putting your comfort (and your health) at risk. Things you should always do on a plane Here's what you need to do once you get on the plane. Disinfect your area There is no gentle way to say this: Planes are rude. Microbiologists estimate that tables on airplanes have an average of 2,155 colony-forming units (CFUs, aka bacteria) per square inch. That's compared to the 70 CFUs per square inch that lurks in the airport bathroom lock. Pack your disinfectant wipes and wipe your desk, seat-back TV, remote control, armrests and seat belt latch – basically any hard surface you touch during flight. Speaking of bacteria, if you are trapped in an enclosed space with someone who has a contagious disease, you have a pretty good chance of catching the virus. If you really want to scare yourself, read about your chances of catching something from a sick passenger - such as TB, which you can catch if you are within two rows of patient zero; or SARS, which can carry up to seven lines in leaflets. Save yourself by blowing bacteria through the ventilation hole above your head. Set the ventilation to low or medium and place it directly in front of the head and blow straight down. If you feel the airflow on your lap, you did it right. Count the lines up to the exit No one ever plans to be in a plane crash. But if you take a moment to mentally prepare for one, you can increase your chances of survival if the worst happens. Count the number of rows between the seat and the nearest emergency exit. If the plane crashes or makes an emergency landing, you may need to get out of the dark, smoky cabin where you can't see the exit. If you know exactly how many rows stand between you and the exit, you can feel the way out and count the lines manually. You only have about 90 seconds to evacuate a burning plane for the best chance of survival, and you don't want to waste precious time looking for a way out. Make sure you also mentally select a backup exit in case your nearest door is blocked. Check for life jackets Although the flight crew checks each life jacket seat at the beginning of each day, they usually do not check between flights. Unfortunately, some people actually steal life jackets, so get a quick check under your seat for yours, especially if you fly over water. Gather your basics in flight After you've taken care of your health and safety essentials, it's time to focus on in-flight comfort. If you're going to keep your personal bag in the upper compartment, be sure to remove everything you need during the flight before you have it above your seat so you don't constantly get up and down – or get stuck without something you need when the seat belt mark is on. Put on your headphones If you don't want to talk to your co-seedings, headphones, once you sit down, there is a universal signal no conversation please. Be sure to put on yours even if you're not listening to anything yet. (Of course, take them down for a flight safety demonstration.) Chew gum If you have sensitive ears that painfully pop during takeoff or landing, chew some gum before you go in the air. This can help with changes in air pressure and make you feel better. Plus, you'll have fresher breath when you land. Make sure your Seatback TV Works got a long-haul flight and you don't want to be stuck staring into space for hours? Make sure the TV with the backrest is working. If you drew a broken machine, the flight attendant can move you to another place so you can enjoy the fun during the flight (instead of unfortunately trying to watch your neighbor's screen). More from SmarterTravel: Caroline Morse is senior editor for SmarterTravel. Follow her adventures around the world on Instagram @TravelWithCaroline on Twitter @CarolineMorse1. Editor's note: This story was originally published in 2015. Updated to reflect the most up-to-date information. We manually select everything we recommend and select items through testing and reviews. Some products are sent to us for free without motivation to offer a favorable review. We offer our unbiased opinions and do not accept compensation for product inspection. All items are in stock and prices are accurate at the time of publication. If you buy something through our links, we can get a commission. Honey and Silk Thanksgiving is just around the corner, and because we know that the days before and after this holiday are some of the busiest travel times of the year. It can be said that the TSA line will be even more chaotic than usual. Plus, the Thanksgiving break is pretty short, so most of us won't check our luggage, which means we'll have to schlep our essentials on board the flight in a carry-on. While there's not much you can do to avoid tedious security lines, there are a few savvy dos and don'ts to keep in mind that you get to the gate smoothly without losing any stuff along the way. In fact, we took one for the team and bravely tsa the government page of prohibited items to come up with a quick one sheet. With so many items on the no-fly list (410, to be exact), we were better off asking what you can take on a plane? True, whoever wrote this transformation administration security page has a great sense of humor when calling a surprising no-nose, like Magic 8 Balls, saying: We asked Magic 8 Ball and it told us... Outlook is not so good! for hand luggage. We turn, but as we said, we've narrowed down the list of TSA-approved items to the 20 most important things you should know about what you can take on a plane, from fluids to personal belongings and technology. We hope it saves you from having to throw something away and makes the dreaded screening a little less stressful. Slide the quick and convenient reference guide below for travel and happy trails. Juvalle Airline Travel Size Bottles Set \$5 Shop No one can keep you away from your beloved skincare and hair care, nor tsa. Although you can't pack your items full size if they're liquids larger than 3.4 ounces. (most products will let you know the size on the package), simply put them in travel bottles to avoid the problem completely. The special rule is this: You can bring a liter bag of liquids, aerosols, gels, creams and traps to your carry-on bag and through the checkpoint. These are limited to travel sized containers that are 3.4 ounces or less per item. Can Lindstrom Leather Blue Cocoon Beauty Balm \$180 Shop We recommend packing a nutritious, moisturizing balm while you travel. This soothing blue mixture is solid, even if it melts into the skin like a liquid. In addition, it contains blue tansy, which is great for relieving travel anxiety. Le Labo Iris 39 Solid Perfume \$94 Shop If you travel a lot and your signature fragrance doesn't come in a small bottle, or you're afraid that glass will explode due to pressure from altitude, it might be worth investing in a solid perfume that's super easy to make and apply on the go like Santal of Le Labo. Shiseido Oil-Free Alcohol-Free Cleansing Sheets \$20 Shop If your face washing is too big or you're worried it's going to spill, opt for these nifty cleansing sheets. They are great for refreshing after a long day of traveling without the hassle of a full rinse in the airport arrivals bathroom. Olio E Osso No. 0 Netto Menthol Balm \$28 Shop Nothing is worse than being stuck in the air without a nutritious lip balm in sight. This soft and luminous chapstick is also a great way to shrink your beauty routine as it doubles as a lip and cheek shade. MEDca Weekly Pill Organizer \$5 Shop Here's a PSA not leaving your important medications and supplements behind. This pill organizer makes it so much easier to stay on top of your health routine and it saves space. So if

you don't have enough space for all the pill bottles, just plan ahead to get what you need. Zippo Original Windproof Lighter \$95 Shop Oddly enough, book non-strike matches and Zippo lighters are allowed on board with you, although there are heavier restrictions on packing them away in a checked bag. So if you're a smoker or plan on including a cute box or a cool Zippo lighter as a thank you gift, you're in luck. Leatherology Leather Passport Cover \$60 - \$90 Shop It's also a good idea to travel with important cards or copies of documents such as proof of health insurance, credit card and passport, even if you also bring a driver's license. This elegant leather case keeps you safe. This way, in case you lose something while you're away, you'll have this deposit to keep your travel day low stress. However, we were both relieved and restless to hear that the TSA has other ways to confirm its identity, such as using publicly available databases, so if you lose all forms of ID. But it varies from state to state, so it's better to be safe than sorry. Tweezerman Ultra Precision Cuticle Nipper \$35 Shop Surprisingly, you have the opportunity to bring some sharp objects on board with you like cuticle cutter, scissors, or razor. As has already been said, we ask you to continue your routine of caring for the ultimate goal for the sake of your fellow guests. Away Aluminum Edition Carry-On with detachable charger \$495 Shop Practical, elegant and versatile enough not to meet any of your clothes, this hard shell cart is comfortable and cool. It's also small enough to fit in the top compartment, but you'll be able to fit enough of your stuff inside. Ban.do Cool It Glass Water Bottle \$30 Shop Make sure you finish all the bottled water before you go through security as the TSA will give you a throw full bottle or chug of it, and so, stick to the line. Instead, bring an empty travel bottle and fill it as soon as you get to the gate so you can stay hydrated during the flight. Grey Goose 50ml Bottle Plane, \$12-Pack \$50 Shop Believe it or not, you are allowed to bring alcoholic beverages if they are bottled under 3.04 oz./100ml, as well as under 70% proof. Plum Organics Stage 2 Organic Baby Food, 4 oz. The \$1 Shop Baby formula, breast milk, and infant flies are allowed in hand luggage, although the packaging is larger than 3.4 liquid ounces. Safety is more relaxed about liquids when it comes to families traveling with young children. This bowl with baby food is easy to carry and the lid will help you avoid spills. Thera Tears Dry Eye Therapy Lubricant Eye Drops \$18 \$11 Shop If you only have a large bottle of contact fluid or eye drops, make sure you travel size ahead, especially since flying can dry your eyes. Tide To-Go Stain Remover \$7 Shop If you're hoping to bring your fabric sprays with wrinkle release on board, you may need to replace them with this little stain remover. The good news is that it won't take up much space in your hand luggage. Even if you check a bag, it's never a bad idea to have a phone charger on board with you. With this compact battery backup cable, you won't get stuck without your phone during a delay. Sennheiser Momentum On-Ear Headphones \$350 \$250 Shop Although most airlines with an in-flight backrest have fun handing out headphones, you'll be able to tune in to all the noisy neighbors more effectively with this couple. Marcelo Burlon Country Milan Aconcagua iPhone 6/6s Case \$70 \$40 Shop In case you needed a reminder, we're here to let you know how handy it is to have this little device on the go. Download a fun game that you can play on your phone before departure in case there is no entertainment or wi-fi connection on board. Also, your Samsung Galaxy Note7 can't come with you because of the risk of fire. Leatherology Laptop Clutch \$170 Shop Most Airports To Get laptop from your carry-on and a in your own tray to pass through the Xray projection machine. That being said, you usually won't have to go through the trouble of getting it out of the case. This striking red option will be easy to recognize while rushing through security. Amazon Kindle E-Reader's \$45 Shop Planes (and Beach) are where we get all our best reading done. Download a great ebook before your flight so you have something to look forward to and spend your time wisely on the flight. For more information, see the full list of TSA rules and regulations. Provisions.

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