

Tips for flying economy class like business class

With the right tools, smart tips, and a little expert knowledge, flying economy class can go from frustrating to surprisingly enjoyable.

Air travel is one of the great comforts of modern life. But let's be honest: between cramped seats, dry cabin air, and long security lines, it's not always fun. In fact, it can be downright unpleasant if you're not prepared . **With the right tools, smart tips, and a little know-how, flying economy class can go from frustrating to surprisingly enjoyable.**

Bring a foot hammock

Footrests are popular with frequent flyers. They can be attached to your tray table to elevate your feet, reduce swelling, and provide added comfort. Just be sure to check your airline's regulations: some airlines restrict them due to space and safety concerns. If allowed, this little gadget can make economy class much more comfortable.



Cover arms and legs

The seat is one of the most contaminated areas on an airplane. Clothing such as shorts increases the risk of bacteria and viruses. To avoid direct contact with germs on the seat, you should wear long pants or jeans on the plane.

Also, wearing revealing clothes on a plane can make you susceptible to catching a cold, as the air temperature is often low. Asking the flight attendant for a blanket is also not a good idea, as the blankets are not well disinfected. So choose warm, long-sleeved clothes.

Choose your seat according to your needs

If you want less turbulence, choose a seat near the wing. Need to stretch your legs or go to the bathroom often? Choose an aisle seat. Although the back seats are often noisier, they have a slightly higher survival rate in serious crashes, oddly enough.



A few tips:

Tall people can request an exit row seat when checking in because it is easier to stretch their legs there. Sometimes these seats are free.

If you are travelling as a couple, choose a window or aisle seat. The middle seat may be empty and the entire row may be used. However, this depends on the capacity of the flight.

Prepare a survival kit

No, not a jungle survival kit, just a small carry-on bag with the essentials: eye mask, lip balm, hand sanitizer, moisturizer, headphones, snacks, and a water bottle. It will keep you comfortable, clean, and less likely to get upset if the plane experiences mid-flight turbulence.



Rehydrate the body

On long flights, experts recommend getting plenty of rest. However, coffee can make it difficult to fall asleep. Furthermore, hot drinks on planes are often prepared in unsanitary conditions. In addition, hot water and coffee pots are rarely cleaned.

Water, on the other hand, should be your best friend, as planes are often very dry environments. Take frequent sips of water and try to avoid wine and coffee if possible (they only make things worse!). Your skin, energy and sleep will thank you.

Eat a little before flying

Packing, worrying about missing your flight, checking in. All of this is stressful, which makes you crave more food. But on the plane, they usually give you small portions, and at the airport, food is expensive. So it's worth eating at home or at a cafe on the way to the airport.

Wear compression stockings

On airplanes, the cabin is pressurized to simulate altitudes of about 6,000–8,000 feet — the air is thinner than sea level, which slightly reduces oxygen levels and slows blood flow. Combined with long hours of sitting, blood tends to pool in the legs and feet. Compression stockings provide gentle pressure to help blood circulate efficiently.

Even if you sit in an aisle seat and try to walk around regularly, you'll still be sitting still for long periods of time. Compression stockings support your muscles and veins, keeping your legs from aching or tiring—especially helpful on overnight or long-haul flights.

When the journey is over, you are finally at your destination and ready to explore new places, faces and delicious food in the best mood and spirit after a long flight thanks to the above tips.

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