



Imagine being imprisoned in a cramped seat while your flight sits on the tarmac for half a day. That's what happened when severe icing conditions prevented the scheduled take-off. While passengers were allowed several times to go into the terminal to buy food, the ordeal left most frustrated and angry. So, what can you do when it happens to you....and some day it will.

The answer is that whenever you're booked for a flight, whether in sunshine or stormy weather, expect delays in the airport and/or aboard your flight. Take comfort stuff in coat pockets or carry-on bag. A light-weight inflatable pillow and/or sleeping pad. Also, individually-packaged small snacks and juices. Take a small emergency kit, including aspirins, band aids, prescription meds, wet tissues and other items you may need on a multi-hour delay.

In addition to being prepared for body comfort, take along mind comfort needs. Before leaving home, digitally stock up your smartphone for several hours for watching and listening distraction. Pre-record favorite music, movies, TV shows and literature. Make sure you also take a good, noise-reducing set of earphones to drown out the cries of other passengers griping about the unending delays.