

Your Calm Flyer Checklist

A few useful steps for your next flight. No aviation background needed.

REVIEW DRAFT - pending Lauren's approval before public distribution.

Before you board

- ☐ Choose one question to learn about: turbulence, changing sounds, or go-arounds. You do not have to understand every system.
- ☐ Save a familiar activity for the flight: a book, music, a puzzle, or a show.

When you settle into your seat

- ☐ Pay attention to the crew's safety briefing and read the safety card for your aircraft.
- ☐ Keep your seatbelt fastened whenever you are seated, even when the sign is off. Follow crew instructions.
- ☐ Put loose items away as instructed. Let a flight attendant know if you need help understanding something.

When something feels unfamiliar

- ☐ A change in sound or motion does not, by itself, tell you what caused it. You can ask the cabin crew when their duties allow.
- ☐ If you notice smoke, unusual fumes, visible damage, or another concern, tell a flight attendant promptly.
- ☐ When the ride gets bumpy, remain seated and follow the crew's instructions. An unfamiliar sensation does not need an instant explanation.

After your flight

- ☐ Write down a question you would like explained. Explore FSNS articles or email hello@flysmartnotscared.com.

General passenger education, not medical advice or a guarantee about a flight. Follow your crew and the safety information supplied on board.

Safety references: FAA Passenger Safety Tips and Turbulence: Staying Safe ([faa.gov/travelers/fly_safe](https://www.faa.gov/travelers/fly_safe)).

From the cockpit. For the curious. | hello@flysmartnotscared.com