Your Next Flight Plan

A five-minute planning sheet for the part of flying you find hardest.

Choose one moment to prepare for: opening the booking email, joining the boarding queue or waiting for the doors to close. Write short, practical answers. You do not need to feel a particular way to use your plan.

The moment I want to prepare for

One thing I can arrange beforehand

My next useful action at that moment

If the plan changes, I can

Someone I can ask for practical help

ONE EXAMPLE

Waiting at the gate: I will keep my documents together, check the departure board and find a seat. If the gate changes, I can follow the updated signs or ask airport staff.

Save this with your travel documents. Adapt it as you learn what helps.

For the person travelling with me

Share this card before the trip, so your companion can follow your lead rather than guess.

What helps me

Please avoid

If I go quiet, I would like you to

One practical job you could help with

Build the rest of your flight plan

Calm at Altitude is a practical guide to preparing for your journey, from booking through arrival. This sheet is a small starting point: choose what helps, make it your own and keep your next useful step close by.

Dorota Kapka | Author of Calm at Altitude

I'm training as a counsellor.

Practical preparation, not individual treatment.