

How to Travel and Compete

Preparing beforehand:

1. Expect cough/cold symptoms if traveling across time zones with disturbed sleep. You may want to pack some cough cold medicine. Check out what you use on to make sure it's legal.
2. Expect decreased performance 2-4 days after flights. Usually performance is back to normal after 6 days after crossing 9 or more time zones.
 - > Rule of thumb – 1 day of recovery for each time zone you cross (up to max of 6 days).
To see how many time zones you are crossing check the time zone map at
 - > Flights going east are generally harder to adjust to than going west
 - > Up to 6 hour shifts are easier to tolerate than longer shifts. Breaking up flights can help reduce the impact of travel
 - > Plan easier trainings, games close to arrival date
4. Pre-book aisle seats or emergency exit seats for tall folks
5. Get a big drink bottle – dehydration is a major problem with flying
6. Sleeping pills aren't recommended but if you are looking to use these trial these 1 week before to check for side effects
7. Organise meal times and social interaction on arrival to help resynch clock (depending on the time you arrive)
8. Sleep well the night before you depart (don't go partying)
 - > Start adjusting your sleep times 2-3 days before leaving to correspond to your destination eg. Go to bed 1-3 hours later if flying from NZ to Japan.

During the flight:

1. Drink 300 ml every hour during your flight – dehydration is a major problem
2. Avoid alcohol, soft drinks and caffeine if you want to arrive in good shape
3. Adjust your watch on boarding to destination time and start synchronising
 - > Read books, chat, watch movies to stay awake
 - > Use black out masks and ear plugs to get sleep

On arrival:

1. Factors that help you to resynchronize your body clock:
 - > Diet (Start eating at your regular meal times)
 - > Sunlight (Spend at least 15 minutes in mid-day sun – no sun glasses)
 - > Exercise (Train at your regular times)
 - > Social interaction (Get socializing during the day to reset your clock)
2. Skills and technique are often highly affected by travel.
Work on the basics when you first arrive to avoid frustration
3. Have easy games or compete in house when you arrive.
You will be at your most vulnerable while your body adjusts to your new time zone.
4. Do extra recovery work in the first few days (hot/colds, stretching)
5. Eat a high protein breakfast on the morning of arrival and a high carbohydrate meal at night time.
6. Try to avoid taking sleeping pills. It looks as though melatonin may be useful in helping you sleep if taken at 2000hrs in the new time zone. Consult a sports medicine doctor about this if you would like more information.