



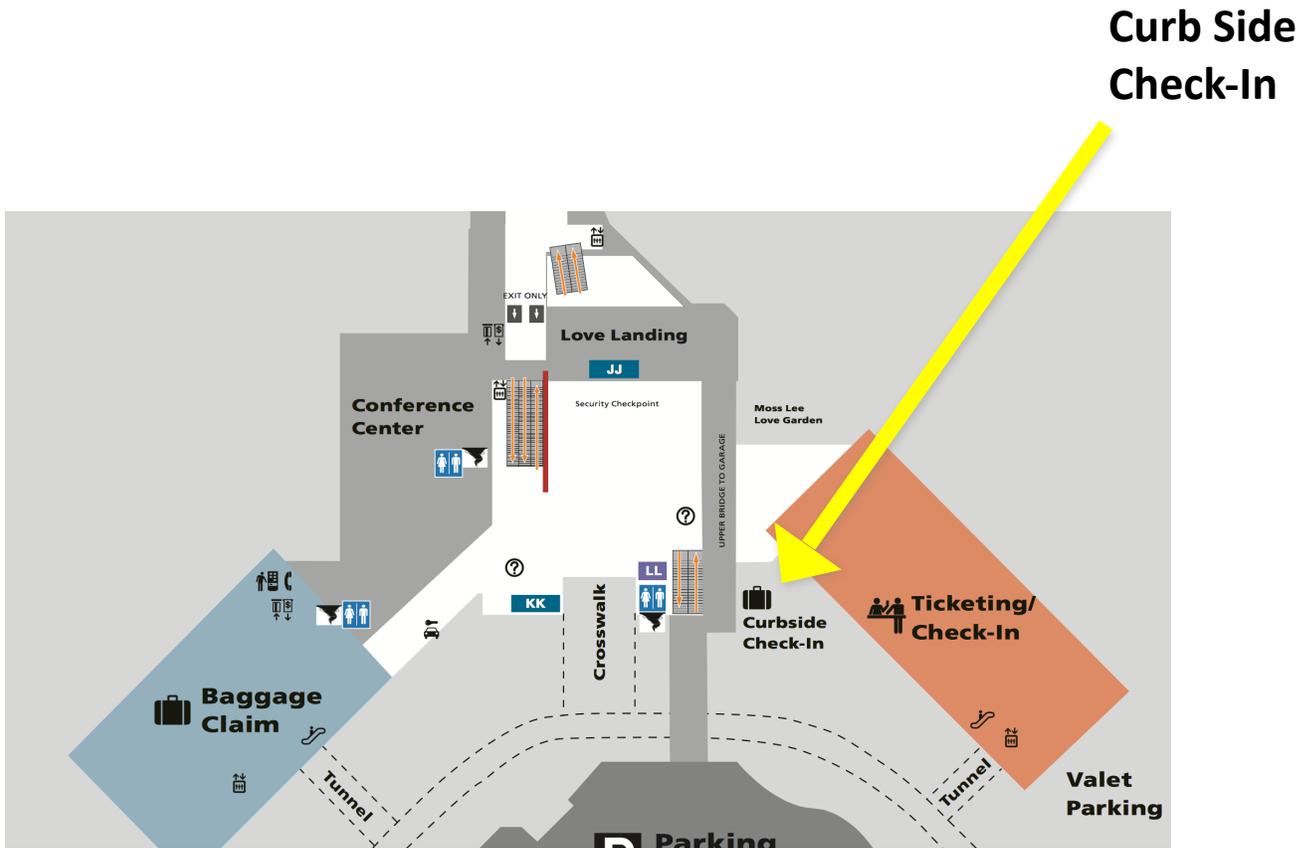
Honor Flight DFW Trip #30

June 3-4

Veterans arrive **Love Field** by
8:30 a.m.

We will gather at '**Love Landing**' at 8:30 a.m. for coffee, donuts and kolaches. The Love Landing is located on the second floor of terminal.

- ✓ Your guardian will drop you off at the curb at the Curbside Check-In.
- ✓ There will be Honor Flight DFW volunteers stationed at the Curbside to help you into the terminal and get you up to the **Love Landing**.
- ✓ Your guardian will park the car at the **Parking Spot 2**.
- ✓ When we come home, we will exit via the Love Landing.



Flight #30 Information

June 3

Depart Dallas

Southwest Airlines #1599 at 10:40

Arrive Washington 2:25 p.m (Eastern
Time)

June 4

Arrive Love Field

Southwest Airline #130 at 9:35 p.m.

Oftentimes we come in early. We suggest that your family call Southwest Airlines 1-800-435-9792 for the most current arrival information.

Hotel Information

Marriott Crystal Gateway Marriott, 1700 Jefferson Davis Highway, Arlington,
Va.

Checklist: **Don't Leave Home Without It!**

	Medications: 4 days' worth
	Driver's License or other government-issued ID
	Honor Flight Jacket, Shirts, and Cap
	Razor, Toothpaste, and Toothbrush in Ziploc bag
	Medical Directives, if applicable
	Guardian's phone number
	Medical Insurance Card

***** Your guardian will ask to see that you have your medications before you go through the Security Check point. *****

You will not be able to board the plane without your medications.

Tentative Travel Itinerary

It is impossible to give an exact schedule as the pace of the trip is based on the veteran's endurance. Additionally, unknown traffic jams, demonstrations, flight delays, government shutdowns, and/or foul weather will effect the flow of the agenda. Rest assured, our days will be full of sights and memories.

The Team Leaders on your bus will keep you informed of the stops.

Below is a thumbnail sketch of what the trip will look like.

First Day

Arrive at Airport

Briefing

Lunch on the plane

Arrive Reagan National Airport

WWII Memorial

Korean and Vietnam Memorials

6:30 p.m. Arrive hotel

7:00. Heroes Banquet

8:30 ~ R&R~Lights Out

Second Day

Rise and Shine

Breakfast Depart hotel

Arlington Cemetery and Changing of the Guard

Military Memorials

Concert

Depart DC ~ Arrive Dallas

What Do I Pack?

Medications:

- **Four days' worth of medication.** You may pack your medication into your pillboxes or pill sorters. Medically necessary liquids, such as insulin and nebulizer medications, CPAP machines, etc. are permitted. Let the security officer at the checkpoint know that it is your luggage.

Wheelchairs and Walkers:

- **We will have 32 wheelchairs on the trip.** If you have your own wheelchair, you should bring it along on the trip. If you use a walker at home or when you walk longer distances, bring it along on the trip.

Clothing:

- You will be given **a cap, 2 polo shirts, and a fleece lined jacket.** If you are cold natured, you will want to pack a sweater to wear under the jacket and/or long-sleeved shirt. You will want to check the forecast for Washington, DC few days before the trip to see if you need to pack an umbrella and/or undershirt.
- If you have your own cap, you are welcome to wear it. However, we request that you wear at least one piece of the Honor Flight DFW clothing (hat, jacket, or shirt) at all times.
- **Pack loose fitting-comfortable clothing.** Not only does this make air travel more comfortable, it reduces the risk of blood clots while you are sitting or standing for long periods of time.
- **Wear comfortable shoes and socks that are not binding.**
- **Pack one extra pair of trousers and an extra shirt**

Additional Items:

- We will give you a clear Ziploc quart bag containing a razor, toothpaste, and a toothbrush.
- The hotel will provide your soap, lotion, and shampoo.
- If you have other liquids, like eye drops, put them into the quart bag to go through the Security Checkpoint
- Pack extra batteries for your hearing aid.

Carry-on Luggage: You may bring 2 items onboard.

1. **Personal item:** Includes a purse, briefcase, laptop OR a similar item such as a small tote.
2. **Suitcase:** The maximum dimensions cannot exceed any of the following measurements: 22" long x 14" wide x 9" tall.



The Airport

- We go through Security as a group; therefore, we request everyone arrive at the Terminal no later than 8:30.
- Keep in mind we will have a long day, so arriving around 8:15 is perfect.
- Your butlers will drop you off at the curb at the Curbside Check-In.
- There will be Honor Flight DFW volunteers stationed at the Curbside to help you into the terminal and get you up to the **Love Landing**.
- Your guardian will park the car and join you at the Love Landing.

Ticket and Name Pouch

- Your Butler or an Honor Flight DFW volunteer will take your drivers license and will get your ticket and travel pouch.
- You will need to show your ID to Security Check Point, so you might want to go ahead and keep your ID in your name pouch with your ticket.
- **Wear your name pouch at all times.** Your emergency medical information is located in your name-tag pouch. In the event of an emergency, the Medical Team will need that information.

Tagging your Luggage, Wheelchair, and/or Walkers

- Have someone assist you with tagging your luggage. Your luggage tag will be in your name pouch.
- The airport will tag your wheelchair and/or walker.

Security knows we are coming!

We will have our own security line.

Please wait until you are told to proceed through the Security checkpoint!!

1. Remove everything from your pockets, including your wallet, gum, coins, cell phone and keys. Place in plastic baggie that will be provided.
2. Show your government-issued ID and boarding pass to the security officer at the checkpoint.
3. Passengers 75 and older may leave on their shoes, belts and jackets through the security checkpoints.

4. Place your plastic baggie with your 'goods' in plastic bin at the security checkpoint.
5. Inform the security officer about medical equipment (CPAP, Oxygen), Insulin, medical liquids, and/or metal implants.
6. The security officer will provide you with the necessary instructions to proceed through the security process.
7. Before you leave the Security Check Point Area, make sure you have all your belongings: medications, wallet, gum, coins, cell phone, keys, jacket, and/or medical equipment.
8. **Leave your pocket knives at home.**

Safety in the Air

- The flight time is about 3 hours.
- You will board the plane with your Butler and before the "regular passengers".
- We want your hands to be free in case you become unsteady on the jet bridge or in the airplane.
- Please allow your Butler to carry your personal items, water bottles, paper, and jackets. Let them carry (or pull) and store your luggage.
- Plan your trips to the bathroom. You will not be able to get out of your seat for about 20 minutes after takeoff and you must remain seated during the last 20 minutes of the flight in preparation for landing.
- There are two bathrooms onboard the aircraft - one in the front and one in the back. We ask that you sit towards the back as you can stand and wait if the bathroom is occupied; in the front you will not be able to stand and wait.

- The medical team will periodically walk the aisle to check on you; please let them know if you are in need of medical assistance.
- We carry loads of snacks, so let us know if you'd like some crackers, candy, or cookies.
- Listen to the flight attendants, and without fail, follow their instructions. They know they are traveling a unique group of folks who have special needs and will do all they can to accommodate your requests.

Prevent Blood Clots.

Inactivity can be tough on muscles, joints, and circulation. Here are some easy exercises you can perform in your seat:

Ankle Circles: Lift your foot off of the floor and draw circles in the air with your toes pointed. Continue for 30 seconds. Repeat with your other foot.

Foot Pumps: While keeping your heels on the floor, point your feet up as high as possible toward your head. Put both feet back, flat on the floor. While keeping the balls of your feet on the floor, lift both heels high. Continue for 30 seconds.

Knee Lifts: While seated, march slowly in place by contracting your thigh muscles. Continue for 30 seconds.

Knee to Chest: Hold your left knee and pull up toward your chest. Hold for 10-15 seconds. Slowly return to floor. Alternate legs. Repeat 10 times.

Drink Plenty of Fluids.

We know that if you are drinking your fluids, you will have to go to the bathroom. Due to low humidity, airplanes are notoriously dehydrating. However, the side effects of dehydration could ruin your trip, so please make sure to drink lots of water. There are three bathrooms on the airplane and the bathrooms are our first stop when we land in Washington, D.C.

FYI: There is a toilet on the bus.

Chew gum or candy during takeoff and landing.

Uncomfortable ear and sinus pressure is common during takeoff and landing, especially for people with allergies, sinus problems, or a cold. Yawning, swallowing, chewing gum, or eating candy can help to alleviate this pressure.

Safety on the Ground

- Your Safety is paramount. We will do everything we can to make sure your trip is safe and memorable.
- **Wear your name pouch at all times.** Your emergency medical information is located in your name-tag pouch. In the event of an emergency, the Medical Team will need that information.
- **DO NOT REMOVE YOUR MEDICAL INFORMATION FROM THE POUCH.**
- If you are carrying Nitroglycerin, let your Butler know where you keep it and what the container looks like.
- Be sure your family has your Butler's telephone number.
- Let your Butler take care of your luggage.
- Keep your hands free when loading and unloading from all vehicles. Your Butler will be happy to take care of your water, newspaper, snacks, and/or personal items.

Warning Signs and Symptoms of an Emergency

As you know, we travel with our own Medical Team. The Medical Team can be easily identified by the Red Cross  patches and will have a Red Cross on their name badge.

Let your Butler or a Medical Team Member know immediately if you experience any medical difficulties, including:

- ✓ Difficulty breathing or shortness of breath
- ✓ Chest or upper-abdominal pain or pressure, lasting two minutes or more
- ✓ Fainting, sudden dizziness, or weakness
- ✓ Changes in vision
- ✓ Difficulty speaking
- ✓ Confusion or changes in mental status, unusual behavior, difficulty waking
- ✓ Any sudden, or severe, pain
- ✓ Uncontrollable bleeding

Loading and Unloading the Bus

We will be boarding and un-boarding the bus about 14 times during our trip. We are not in a hurry, so please **take your time** and follow the instructions of the folks who are manning the bus steps. The bus is equipped with a wheelchair lift, so let us know if you are uncomfortable walking up and or down the bus steps and we will get you in the bus, via the lift.

Boarding Order:

1. **Able-body Veterans** those with a 'roller skate' sticker on name your tag:
Please select a seat towards the back of the bus.

2. **Veterans needing assistance** (unsteady, visual difficulties, weak, etc.):

Please select a seat in the front towards the middle of the bus.

3. **Veterans in wheelchairs:**

- a. If you can maneuver the steps, do so, and sit in the first rows of the bus.
- b. If you cannot climb the stairs, you will be assisted at the lift, at the back of the bus.

Unloading Order:

1. **Able-body Veterans**

2. **Veterans needing assistance**

3. **Veterans in wheelchairs:**

- a. If you can maneuver the steps, do so. If you cannot climb the stairs, you will be assisted at the lift, at the back of the bus. sit in the first rows of the bus.



We Leave as Strangers and Come Home a Family!