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Serenity In The Skies: One Deep Breath At A Time

You are preparing to go to the Bahamas to be a part of your cousins wedding. You got the perfect dress, an adorable bathing suit, and you discovered your [lost or stolen us passport](#). But... youve never flown before. All you ever hear about is how small and uncomfortable planes are and how miserable security is. Just the thought of zipping through the air way to far above the surface makes you nauseous. I used to be one of you, so Ive comprised a little list of the things that help me cope.

First, relax. You cant think or be rational if you are shaken up like a snow globe. Flying is very safe, even more so than driving a car. The reason so many people are scared of flying is simply the dramatic coverage that a rarely occurring crash receives. Here are some pretty amazing facts that will hopefully change your mind about flying.

- You are more likely to die from a bee sting than from an airplane crash.
- It would take 19,000 years to experience a crash if you spent everyday on a plane.
- A doctor and a pilot spend the same amount of time in training.
- Planes have a back-up system for everything, as well as three autopilots and two to three computers.
- For every hour in the air, an airplane spends 12 hours on the ground getting maintenance.
- Airplanes have a designated flight path that is ten miles wide that no other plan is allowed in.

All these facts are correct. Hopefully this can put into perspective how safe flying actually is. Now there are other things you can do to prepare for your flight. Decide whether you want to check your bags or carry them on with you. Generally, a weekend trip that requires only a small bag can be brought on with you, while a large bag gets checked. It is recommended by the TSA to get to the airport at least two hours before your scheduled flight time in order to have enough time for getting your boarding pass, checking your bags, going through security, and navigating the airport.

Once you arrive at the airport, you are going to want to check in and get a boarding pass. In the terminal, look for a desk that has the airline you will be flying. Different airlines have different procedures for getting your bags checked, so just ask an employee and they can help you out. This is the same place you will be checking your bags, so make sure to have them ready.

Next, you go through security. Be sure to have your [US passport](#), your ID, and your boarding pass out. After you wait in line, you will be showed to an x-ray machine. Take your laptop out of its bag, take off your shoes, and place these along with your purse on the conveyor belt. After this, you will be lead through a metal detector. After you are cleared, you have successfully conquered airport security!

With passport firmly in hand, you are now equipped with some reassuring facts and a quick overview of what to do for your flight. There is no reason to be scared about flying. The safety codes are very strict, and, despite the oppressive atmosphere, airports and flying can actually be sort of fun. So replace that [lost or stolen U.S. passports](#), grab your new bikini, your bag, and get ready to take off.

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