

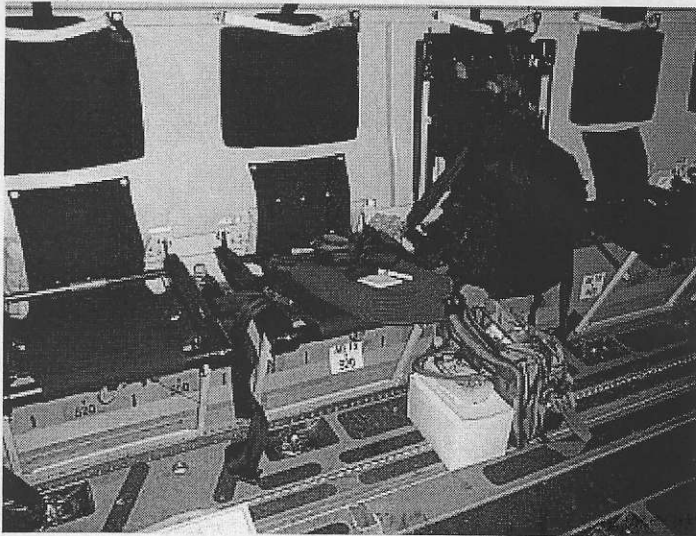
## C-17 Travel Tips:

I would carry some kind of an air mattress, self inflating or not and sleeping bag. There is usually room to spread out and sleep, but not if there is a lot of cargo. A \$10 air mattress; and a sleeping Sack (also about \$10) not bag; from Walmart... works like a charm.

Depending on how the plane is configured, there may not be a lot of toilet cubicles, so the ones there are can get a workout on a long flight. I always carry extra tissues (in case they run out of TP) and sanitizing handwipes (in case they run out of those).

Also, be sure to accept the foam earplugs they offer you upon boarding, OR bring your own or a set of noise-reducing earplugs or phones. (The problem with the phones is that they can get in the way if you are trying to sleep, so I prefer in-your-ear plugs.) the best earplugs i have found are at wal-mart. about 3 bucks a pair. there are "barbs"(?) on the part you put in your ear and connected by a string. if you lick 'em before you stick 'em in your ear...they go right in...and stay in and comfortable too! i lick em', reach over top of my head and lift up on the top of my ear and stick 'em in! i wear them alot and like them best!

Here's what standard seats look like unless they add on palletized seats (like std airline seats)



There's a button in the seat frame that allows the front edge of the seat (just below your thighs) to slide toward the center of the a/c. The extension of the seat also lets a tall person who is sitting upright, recline a little. Wedging pillows behind the low part of your spine helps by giving more back support and takes pressure off your spine.

1. The horizontal seat strut that runs from the bulkhead towards the center of the a/c is telescopic and has an indent locking button in it.
2. The indent button is near the joint of the seat where the three metal struts connect (strut under your thighs, diagonal strut and the strut that runs from the bulkhead towards the center of the a/c).
3. When the indent button is pressed, the telescoping strut can extend,

making the depth of the seat longer (for long thighed PAX, a GI wearing a chute or for reclining).

2. All you need to do is lift the seat up (as though you were stowing it) to a 45 to 60 degree angle. Then just pull from the bar that normally goes across the back of your legs. It will telescope out maybe 6 or more inches. Didn't have the camera so hope this gives you a mental picture.

C17's have a regular bathroom and I've never seen one where the toilet wasn't working properly. Sometimes they don't have running water in the sink but they will usually have hand sanitizer packets if this is the case



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1. The horizontal seat strut that runs from the bulkhead towards the center of the a/c is telescopic and has an indent locking button in it.
2. The indent button is near the joint of the seat where the U-bolts metal struts connect (strut under your thighs, diagonal strut and the strut that runs from the bulkhead towards the center of the a/c).
3. When the indent button is pressed, the telescoping strut can extend,