

Flyer's Checklist

When arranging your flight:

<input type="checkbox"/>	Ask all the questions you need to feel safe working with the team.
<input type="checkbox"/>	Discuss any and all medical conditions you have with the suspension team.
<input type="checkbox"/>	Let us know what position you would like to be suspended in and we can discuss the approach to working you up into the air for more complicated positions.

Before your flight:

<input type="checkbox"/>	Make time to reflect on why you are flying. Consider meditating, journalling, or recording your feelings about your suspension in some meaningful way for you. Examine your deeper feelings about the experience and explore any new realizations about yourself and your goals. Be open to the possibility that you may get the suspension you need, not necessarily the one you expected.
<input type="checkbox"/>	Get plenty of rest the night before your flight. Exhaustion can increase your experience of pain.
<input type="checkbox"/>	Drink plenty of water for a few days before your flight. Hydration is important to the piercing and healing process. Dehydrated skin can hurt more when being pierced and while being stretched during your suspension.
<input type="checkbox"/>	Eat a well balanced meal about 2 to 3 hours before you plan to fly- not right beforehand! Give your body time to digest before you fly. Flying on a full stomach can lead to nausea and stomach upset. Bring a snack with you in case you need something small just before or just after your flight.
<input type="checkbox"/>	The exception to the above guidance is intentional fasting. Some spiritual traditions that use hook suspension advocate for the practice of fasting before flying in order to heighten the experience. The hypothesis holds that fasting starts the process of separating the spirit from the body, making it easier to escape the body during the suspension and achieve a spiritual awakening during the flight. If you chose to try this, inform the suspension team of your choice. If you have any health conditions that are affected by your eating habits, consult a medical professional before fasting. Fast for at least 24 hours before your flight (36 to 48 is better) so that your body is well into ketogenic processing before your suspension. Plan on eating as soon as possible after your flight.
<input type="checkbox"/>	Protect your skin the week before your flight. Skin that is sun burnt or heavily marked from BDSM play (fresh bruising, welts, etc) will not help you in any way. Avoid getting a tattoo in the area to be pierced two to three weeks before your suspension. These guidelines are most important for the areas you are having pierced, but we want you to be in generally good health and your skin in good condition going into your suspension. Healing skin may prove more challenging to be pierced or suspended by.
<input type="checkbox"/>	Bring any medications you may need with you to the event. Asthma inhalers, insulin, special snacks, etc. Suspensions can be very hard on your body. If you have a medical condition that requires maintenance, please be prepared to take care of it!
<input type="checkbox"/>	Avoid any alcohol for 24 hours before and 8 hours after your suspension. Alcohol inhibits blood clotting which is vital to the healing process after a suspension.
<input type="checkbox"/>	If you take medications that inhibit clotting, let the suspension team know and consult your health care provider regarding your risks for participating in this type of activity. Follow the advice of your health care provider.
<input type="checkbox"/>	Have a support person come with you. Having a familiar face to cheer you on and witness your achievement makes facing this challenge even more manageable and meaningful. A support person can also help ensure you get the care you need after you come down, as well as making sure you get home safely after your flight.
<input type="checkbox"/>	Have a playlist of music that helps you feel strong and powerful. We use music to set the tone of the space and to inspire a person to face the challenge before them. Give some thought to the music that inspires and drives you.