

Grace's Cruises – Insider Travel Tip

FREE Things You Can Ask For on a Flight (Even in Economy Class)

Many travelers assume that economy class means “you get what you get” — but there are actually several complimentary items and small comforts available onboard that most passengers never think to ask for. Here are some helpful extras that may make your next flight a little more comfortable.

Extra Pillows & Blankets

On many long-haul and international flights, airlines often carry extra:

- Pillows
- Blankets
- Thin comforters

If your flight feels chilly or if you want additional back support, ask a flight attendant if extras are available.

✦ **Tip:** Supplies are limited, so it's best to ask earlier in the flight.

Extra Water & Hydration

Cabin air is extremely dry, especially on long flights. Most airlines are happy to provide:

- Extra cups of water
- Larger water cups
- Additional ice

Staying hydrated can help reduce:

- Fatigue
- Headaches
- Jet lag

Extra Snacks

Depending on the flight and airline, extra snacks may be available after the main service. Sometimes available:

- Crackers
- Cookies
- Pretzels
- Granola bars
- Fruit
- Additional bread rolls

Coffee, Tea & Soft Drinks

Most economy passengers know drinks are included — but you can usually request additional beverages later in the flight as well.

You can often ask for:

- Another coffee or tea
- Extra soft drinks
- Additional juice
- Hot water for tea or instant drinks

On overnight flights, many crew members are happy to provide coffee or tea quietly during the flight.

Extra Headphones

If your headphones stop working or are uncomfortable, airlines often have extras available.

This is especially common on:

- International flights
- Long-haul aircraft
- Flights with seatback entertainment systems

Comfort Items

Some airlines may occasionally provide small comfort items upon request if available, such as:

- Socks
- Eye masks
- Ear plugs
- Dental kits
- Moist towelettes

These are more common on long international flights.

Simple Meal Adjustments

Depending on availability, flight attendants may sometimes accommodate small requests such as:

- Extra bread rolls
- Additional salad
- A second dessert

✨ **Tip:** Special meals (vegetarian, gluten-free, low sodium, etc.) should always be requested in advance whenever possible.

Better Seating (Sometimes)

While upgrades are extremely rare, polite passengers occasionally get lucky with:

- Empty-row suggestions
- Seat swaps after boarding
- Better available economy seats

Flight attendants cannot always move passengers, but being kind and flexible can sometimes help.

Airport Information

Flight crews can often provide useful information about:

- Arrival gates and airport navigation
- Customs procedures
- Tight connections
- Delays and rebooking instructions

Many travelers forget that flight crews are often familiar with major airports and connection procedures.

The Biggest “Travel Hack” Is Kindness


One of the most overlooked travel tips has nothing to do with upgrades or free extras.

Passengers who are:

- Patient
- Friendly
- Respectful

often receive far better service throughout the flight experience.

Flight crews deal with long hours, delays, difficult situations, and demanding passengers every day. A little kindness truly stands out.

 **Tip:** Don't be afraid to politely ask if something is available. Many complimentary items onboard are never advertised simply because most passengers never think to ask. The worst outcome is usually a polite “sorry, we don't have that available today.”

Final Thoughts From Grace

Economy class may not be luxurious, but small extras like pillows, snacks, water, and comfort items can make a noticeable difference — especially on longer flights.

A little preparation, flexibility, and kindness can go a long way toward making your journey more enjoyable.

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