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Top Tips to Avoid or Mitigate Flight Delays

Here are some real-world tips to help you avoid or handle flight delays like a pro in 2025–2026: **Fly Early in the Day**
Morning departures (especially before 9–10 a.m.) are statistically less likely to be delayed because the aircraft and crew are already at the airport. **Book Nonstop Flights**
Every connection increases the risk of a delay. Nonstop is always safer. **Avoid Delay-Prone Hubs**
Newark, LaGuardia, Chicago O'Hare, San Francisco, and Dallas (during storm season) are among the worst. Consider alternate airports like Midway or Houston Hobby if available. **Travel Mid-Week**
Tuesdays, Wednesdays, and Saturdays typically have fewer disruptions than busy Mondays and Fridays. **Choose Airlines with Strong On-Time Records**

Delta, Alaska, and many top international carriers (Qatar, Singapore, ANA) outperform others. Be cautious with Spirit, Frontier, and JetBlue. **Research Your Exact Flight**
Look up your flight number on FlightStats or FlightAware to check for consistent delay patterns. **Avoid the Last Flight of the Day**
If it's canceled or delayed, there's rarely a backup option that day. **Pick Turnaround Flights**
Aircraft already parked overnight at the airport are more likely to depart on time. **Build in Long Connection Buffers**
Aim for 90+ minutes for domestic and 3+ hours for international layovers. **Monitor Weather and Use Same-Day Change Options**
If storms are in the forecast, move your flight up a day or shift to earlier departure times using flexible change policies. **Bonus Quick Wins:**
– Set up airline app alerts for your gate and delay updates
– Consider priority boarding to avoid gate-checking bags
– Fly in premium cabins when possible for quicker rebooking assistance