FREE TRAVEL CHECKLIST

The Empty Middle Seat Checklist

Everything to check before you buy the seat next to you — so the "hack" actually works out in your favor.



The 10-second version

Choose the extra seat if you mainly want more elbow room and the airline allows it. **Choose Premium Economy** if you want more legroom, recline, and service — not just space. There's no universally "better" option, only the better one for your trip.

BEFORE YOU BUY

Ask your airline these 8 questions

1 COMFORT & BOOKING

- ☐ **Does this airline allow an extra seat just for comfort?**
  Some only allow it for medical or size accommodation.
- ☐ **How does it need to be booked?**
  Some require a phone call, not the app or website.
- ☐ **Will the seats be assigned together?**
  Confirm the seat map locks your row in.
- ☐ **What happens if there's an aircraft change?**
  A smaller plane can break up your row without warning.

2 MONEY & LOGISTICS

- ☐ **Does the extra seat include baggage allowance?**
  It sometimes does — ask, don't assume.
- ☐ **Does it earn miles or points?**
  Policies vary even within the same airline.
- ☐ **What if your flight is canceled or rebooked?**
  Ask if the extra seat carries over automatically.
- ☐ **Is any leg operated by a partner airline?**
  Interline flights can follow different rules entirely.

MAKE THE CALL

Extra seat, or Premium Economy?

A CHOOSE THE EXTRA SEAT IF

- ☐ **You value personal space over service**
- ☐ **You want the whole row to yourselves**
- ☐ **The airline allows it & price makes sense**

B CHOOSE PREMIUM ECONOMY IF

- ☐ **You want more legroom & recline**
- ☐ **You want upgraded service or dining**
- ☐ **Comfort matters more than the seat count**

There isn't one right answer — only the right one for your trip.