

SCOTT KELLY

RETIRED ASTRONAUT

Former astronaut Scott Kelly owns the American record for the single longest space mission, having lived on the International Space Station from March 2015 to March 2016. In his new memoir, *Endurance*, Kelly describes his experience and the toll it took on him, both mentally and physically. "Bone loss and muscle loss are some of the negative effects, but I did a lot of exercise," says Kelly, 53, citing running on a specialized treadmill using a harness and bungee cords while in orbit. "You can run around the world in 90 minutes." Here's how he travels, both in space and back on Earth. — **MATT McCUE**



"I HAD MY GIRLFRIEND, AMIKO, SEND ME SOME ON A RESUPPLY ROCKET."



- 1 **FORGOTTEN ITEM ON HIS TRIP TO SPACE** "I wanted to have some watercolor paints, and I thought they were on the space station, but someone must have thrown them out. I had my girlfriend, Amiko, send me some on a resupply rocket."
- 2 **IN-FLIGHT TUNES** "I have a Spotify playlist called 'Year in Space.' It has Coldplay, Pink Floyd, U2 and Jay Z."
- 3 **SPACE TRAVEL ESSENTIAL** A spacesuit.
- 4 **BUCKET LIST TRIP** "The places I want to go are places I've seen from space and want to check out up close, like these lakes on the northern side of the Himalayas that look pretty amazing."
- 5 **FAVORITE HOTEL** Kimpton Muse Hotel near Times Square.
- 6 **IN-FLIGHT READING** "I had *Endurance: Shackleton's Incredible Voyage* by Alfred Lansing."
- 7 **MOVIE WATCHED IN SPACE** *The Martian*.
- 8 **FOOD WORTH TRAVELING FOR** Hot fried chicken at Hattie B's Hot Chicken in Nashville.
- 9 **PREFERRED TRAVEL OUTFIT** "I always pack 30 minutes before the car picks me up and always pack and travel in the same clothes: Eddie Bauer cargo pants, a nylon Columbia shirt and Keen hiking boots."

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