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1. Safety First
   - Prioritize safety at all times.
   - Follow safety protocols for launch, in-orbit, and re-entry.
2. Launch and Ascent
   - Prepare for launch by securing all loose items.
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   - Strap into your designated seat and remain seated during launch.
   - Familiarize yourself with the launch sequence and emergency procedures.
3. In-Orbit Operations
   - Adhere to mission objectives and schedules.
   - Monitor spacecraft systems, including life support, communication, and navigation.
   - Conserve resources (water, power) and follow waste disposal guidelines.
4. Emergency Procedures
   - In the event of system failures, refer to the emergency manual.
   - Maintain calm communication with mission control.
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5. Re-entry and Landing
   - Prepare for re-entry by securing all items.
   - Strap into your seat during re-entry and landing.
   - Follow the landing sequence and post-landing procedures.
6. Communication and Data
   - Use designated communication channels.
   - Follow data transmission and storage guidelines.
   - Coordinate with mission control for all communication.
7. Maintenance and Repairs
   - Perform routine maintenance tasks as instructed.
   - Refer to the troubleshooting guide for minor issues.
   - Report major system malfunctions immediately.
8. Contact Information
   - Emergency Contact: ▮▮▮▮▮▮▮▮▮▮▮▮

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Safe travels aboard H.O.P.E!