



# Long haul flight Carry-on Check List



## Essential Travel Documents

- Passport and visa information
- Boarding Pass and Flight itinerary
- Copies of accommodation transport & tickets
- Photo ID
- Wallet (cash including local currency)
- 



## Devices

- Camera
- Smartphone
- Laptop
- USB cable, chargers
- 



## Sleep Kit

- Neck Pillow
- Eye Mask
- Ear Plugs
- Scarf
- Socks
- 



## Reading Material

- Notebook/Journal
- Book(s)
- 



## Toiletry Bag (Transparent less than 1L capacity)

- Makeup
- Toothbrush, Toothpaste, Mouthwash
- Deodorant
- Lip balm, Hand cream, Hydrating Mist
- Eye Drops, Saline sinus spray
- Contact lens solution
- 



## Seat Case

- Passport Info Note Card
- Pen
- Earphones and airplane audio adaptor
- Tissues
- Antibacterial wipes
- Cleansing face wipes
- Face sheet mask
- Hair brush and hair ties
- Panty liners
- Medication (and scripts, if required)
- 



## Snacks

- Refillable Water bottle
- Trail mix, nuts etc.
- Lollies, chocolate
- Gum, mints
- Herbal tea
- 



## Change of Clothes (in packing cube)

- T-shirt
- Trousers
- Underwear
- Ballet flats or slip-on shoes
- Travel lint brush
- 



## Other

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