

## 23 Things That Are A Must-Have For Any Frequent Flyer

Anything to make a long haul flight a teensy bit easier.

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**Hameda Nafiz**

BuzzFeed Staff

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1. This [kit by Long Haul Spa](#) that will ensure you walk off even the longest flight feeling and looking fresh.



BuzzFeed / Hameda Nafiz, Long Haul Spa

This kit includes a pack of disinfecting wipes and four dehydrated towelettes to apply the included micellar water. It also has a super refreshing face mist, serum, eye balm, lip balm, face oil, gel face mask and moisturising creme balm, — all 15mls, so you can take them on your flight without security kicking up a fuss.

All the products are vegan and manufactured ethically and sustainably in Australia and New Zealand. Plus, it comes with a Louenhide vegan clutch you can use when you land.

Buy a kit from Long Haul Spa for **\$129** (available in a mini kit for **\$59** or a mens kit for **\$89**)

2. These [antibacterial wipes](#), because you can't imagine the amount of germs living on your tray table and remote.



Amazon

The one time I forgot to bring antibacterial wipes on a flight was the one time I got sick, so you know I'm never hopping on a plane without them again. This set comes with four packs of wipes, so you can keep one in your carry on, one in your checked baggage and one in your bag (and an extra, just in case!).

Buy it from Amazon Australia for [\\$20](#).

3. These super affordable [eye masks](#) that are thin enough to fit beneath your sleep mask, so you can revitalise your skin while you try and get some zzz's.



Amazon

These eye masks contain hyaluronic acid and coconut water to hydrate the delicate skin around your eyes, so that by the time you land, you'll look fresh and ready to take on anything.

Buy it from Amazon Australia for [\\$3.49](#).

4. And this [sleep mask](#) that will not only hide your hydrating eye mask from prying eyes, but will allow you to sleep comfortably while it works its magic.



Amazon

This sleeping mask features a memory foam nose cushion that contours to any nose shape and blocks out all

light — so you can get those zzz's without being interrupted by your neighbour checking the flight time every three minutes.

Buy it from Amazon Australia for [\\$19.95](#).

5. This [giant scarf](#) that you can use as a second blanket because we all know how drafty airplanes can get.



ASOS

This scarf is a fluffy knit and designed like a blanket so that when you wear it, you'll feel like you're curled up

on the couch, binge-watching your favourite Netflix series.

Buy it from ASOS for [\\$36](#).

6. This pair of [comfortable sneakers](#) that won't make your feet feel like hell after they swell up a little bit.

*Amazon*

These sneakers are padded for comfort, so even if you end up having to wait an hour at your gate to board, you'll be doing it comfortably. Plus, the monochromatic colour scheme will go with anything.

Buy it from ASOS for [\\$255](#).

7. This [co-ord](#) that will have you looking stylish and feeling comfortable, through all the hours of your flights — and security — to and from your destination.

*Missguided*

This cable knit set is super comfortable and warm, but also looks sleek AF, so you can look fabulous while catching flights (not feelings).

Buy the leggings from Missguided [\\$62.99](#) and the cropped jumper for [\\$62.99](#) (available in sizes 6/8-14/16).

**8. These [nutritious and delicious snacks](#) that will ensure your tummy won't be grumbling in between meal times.**

Be sure to pick something healthy like these delicious chocolate covered almonds, so you don't feel like crap for the entire flight. If you want to go one step further and completely avoid airplane food — which is full of preservatives — take some sandwiches on board for meal times. This makes your flight experience SO much better, trust me.

Buy a pack of 10 from Amazon Australia for [\\$23.76](#).

9. This [portable charger](#), so that you can charge a bunch of stuff on your flight, but also while you're waiting at your gate.



The power ports at gates are so unreliable and this portable charger makes it so much easier to carry around your own juice. This one has five ports — two USB, one lightning, one USB-C and one micro USB, which means you can use it to charge virtually anything. Plus, it has a fast charge feature, which means you don't have to wait around for your devices to be juiced up.

Buy it from [Amazon Australia](#) for **\$34.99**.

10. And this [USB-C charging cable](#), so that you're ready for anything.

*Amazon*

Keeping a spare charging cable for your phone on you will save you having to pay a ridiculous amount just because your original one broke or won't work. This cable is compatible with the latest Samsung devices, [Nintendo Switch](#), Google Pixels and some android phones.

Buy a pack of two from [Amazon Australia](#) for **\$12.99**.

11. This [hand sanitiser](#) because your front seat pocket is not nearly as clean as you think it is.

*BuzzFeed / Hamedia Nafiz*

You can wipe down as many surfaces as you possibly can, but there's no way you're going to get them all. Clean your hands with sanitiser before meal times or anytime you think you'll be touching your face or mouth, just to be safe.

This hand sanitiser is vegan, plant based, gluten free, paraben free and triclosan free. It also features a super refreshing fragrance that doesn't smell like the inside of a hospital.

**Buy it from Target Australia for [\\$7](#).**

12. This [infinity pillow](#), which is a lifesaver if you frequently find yourself on long haul flights.

*BuzzFeed / Hamed Nafiz*

As someone who's constantly flying between LA and Sydney, I'm no stranger to not being able to sleep on long flights. This pillow changes all of that. You can wear it four different ways depending on where you're sitting or how you're travelling. When you've found that perfect position, you'll be catching those zzz's in no time.

Buy it from Amazon Australia for [\\$60](#) (available in five colours).

13. These high-top [cotton blend socks](#) that will keep your feet comfortable and dry — plus, unlike low-cut designs, your ankles.

*Nordstrom*

These socks are super soft and stretchy, so they'll feel great on your feet no matter how sweaty they get. They're lightweight and don't shrink when you wash them.

Buy a pack of three from Nordstrom for [\\$29.38](#).

14. This [oversized cardigan](#) to keep you warm, but also to be used as a blanket or when bunched up, an extra pillow!

*Showpo*

This midi cardigan has a relaxed and roomy fit, so it's perfect for snuggling up to on an aircraft. Plus, it's perfect for sprucing up the gym tights and t-shirt you decided to wear on your flight.

Buy it from Showpo for **\$79.95** (available in three colours and sizes 6-20).

15. This set of **packing cubes**, which are perfect for organising your suitcase and keeping everything that needs to be together, together.

*Amazon*

This set comes with three clothing cubes, one bra and underwear bag, one flat pocket — perfect for cables and adapters — one draw pocket and one shoe bag.

Buy it from Amazon Australia for **\$25.84**.

16. This glare-proof and waterproof [Kindle](#) that will allow you to read your guilty pleasures with no judgement from your fellow flyers.

*Amazon*

This Kindle is super light and you can read the screen in direct sunlight without an obnoxious glare getting in the way.

It also connects to Wi-Fi and gives you instant access to [over five million e-books](#), some of which are COMPLETELY FREE.

Buy it from [Amazon Australia](#) for [\\$199](#).

17. Or, if you would prefer to rest your eyes and listen to your books instead, get yourself an [Audible](#) subscription, so you can receive monthly credits to use towards whatever book you want.

*Audible*

There's a ridiculous amount of books you can listen to offline, including *The Tattooist of Auschwitz*, *The Handmaid's Tale*, *Big Little Lies* and so much more.

[Sign up to Audible here!](#)

18. These [wireless noise cancelling headphones](#) that will make sitting in the back of the plane — which is always loud and noisy — much less jarring than usual.

*Amazon*

These headphones feature active noise cancellation, so as soon as you flip the switch, you'll have pure serenity while you listen to your beats. They also have great sound, are foldable and come with a carrying case for easy storing. Plus, they've got 45 hours of playtime, so you won't be left high and dry halfway through the flight due to a dead battery.

Buy it from Amazon Australia for [\\$89.99](#).

19. This super fresh and [hydrating facial mist](#) that you'll find hard not to spritz at your face every three minutes.



*@alphaskincare / Via instagram.com*

This facial spray contains lavender, amica, chamomile, orange blossom and bisabolol extracts to hydrate and refresh your skin, no matter what the air is like. It's anti-inflammatory and reduces redness, so your skin will look absolutely fabulous as you strut off the plane.

Buy it from Adore Beauty for [\\$17.85](#).

20. This [super hydrating lip mask](#) that you can apply to your lips when you get on your flight and walk out with the softest pucker you've ever had.

*@beautehacks / Via instagram.com*

This lip mask contains coconut and jojoba oil to nourish and moisturise your lips, no matter how dry the airplane air is.

Buy it from Amazon Australia for [\\$20.50](#).

21. These [Fisherman's Friend mints](#) because your neighbour doesn't deserve to be subjected to your stale breath.

*@fishermansfriendaustralia / Via instagram.com*

Emphasis on the MINT, so that you don't have anything to spit out later, like gum. You're welcome.

Buy it from Amazon Australia for [\\$2.23](#).

22. This [clear bag](#) that you can put your toiletries in for your carry on to avoid getting death stares from the customs officers.

*Amazon*

This bag comes with 11 complimentary travel bottles, so you can take your favourite products onto the flight without worrying about them being thrown out. It's TSA approved and has a zipper closure, so your things won't spill out of the top.

Buy it from Amazon Australia for [\\$19.56](#).

23. And finally, this [luggage scale](#) that will take the guesswork out of packing your checked bags.

*Amazon*

We've all been there. You've gotten to the luggage drop-off point at the airport, only to be told you're exactly 0.2kgs over the limit. You lay your luggage down and unzip it, exposing your messy packing habits to the entire world. Want to avoid this happening in the future? Well, get this electronic scale.

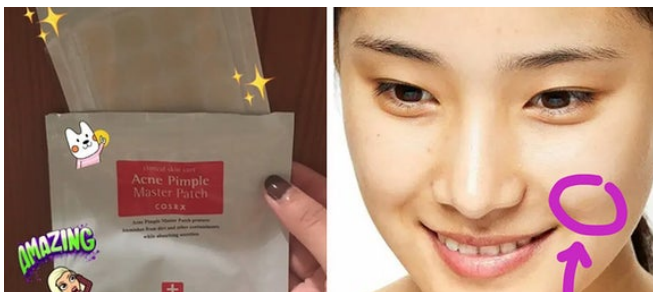
Buy it from Amazon Australia for [\\$13.95](#).

You, now that you're prepped and ready for your 18 hour flight.

CBS

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