

KEEP CALM & CARRY-ON CHECKLIST

ESSENTIALS

- passport (RFID holder)
- credit cards
- valuables
- phone + charging accessories
- travel wallet



TIP 💡 Avoid the queues by checking in online and using the "bag drop" service where available



TIP 💡 Ear plugs help to relieve cabin pressure as well as blocking out noisy travellers!

COMFORT & WELLBEING

- neck pillow
- travel blanket
- coat or scarf
- DVT Flight socks
- sleep mask + slippers
- eye drops + chapstick
- hair elastics
- tissues
- pain killers / prescription meds
- travel toothbrush + toothpaste
- moisturizer or hydrating mist
- hand sanitizer
- deodorant (roll on under 100ml)
- carry-on approved toiletries + make up

ENTERTAINMENT

- ipad / kindle / phone / mp3 device
- books + magazines + colouring books
- headphones
- airline adaptors
- notebook + pens
- cable + charger cords
- LED reading lights



TIP 💡 Download your favourite Netflix movies and TV shows to your phone or ipad before you leave



TIP 💡 Bring a large empty water bottle that can be refilled after check-in to avoid paying the hefty airport price tag.

FOOD & SNACKS

- granola bars / nuts / dried fruits / trail mix
- cup of soup sachets
- chocolates or lollies
- cheese + crackers
- chips