

**\*YOU CAN USE THIS GUIDE FOR LONG HAUL OR SHORT FLIGHTS\***

# TRAVEL BAG CHECKLIST:

**(CARRY ON BAG)**

**PURSE, BACKPACK, ROLLER BAG, GYM BAG, OR OTHER**

**\*I PREFER A PURSE (OR BACKPACK) AND A ROLLER BAG\***

## ESSENTIALS:

- PASSPORT
- IDENTIFICATION
- PHONE
- PHONE CHARGER
- WALLET/PURSE
- MONEY  
(CASH/BANK CARD/CREDIT CARD)
- VITAMIN C
- MEDICATIONS
- ALLERGY MEDICINE
- EXCIDRIN MIGRAIN  
(OR SIMILAR)
- MELATONIN  
(HELP WITH JETLAG)
- GUM  
(EAR POPPING ISN'T FUN)
- GERM-X

## ENTERTAINMENT:

- COMPUTER
- COMPUTER CHARGER
- HEADPHONES
- BOOK/AUDIOBOOK
- MUSIC  
(IPOD, PHONE, ETC)
- JOURNAL/NOTEBOOK
- PEN/PENCIL

## TOILETRIES:

**\*LEAST SCENTED ITEMS\***

- TOOTHBRUSH
- TOOTHPASTE
- FACEWIPE  
(REMOVE MAKEUP)
- BODY WIPES  
(CAN HELP TO REFRESH)
- MOISTERISER  
(FOR FACE &/OR HANDS)
- DEODERANT
- UNDER EYE PATCHES  
(NEVER USED BUT SOMETHING I WOULD ENJOY TRYING)

## MISCELLANEOUS:

- SNACKS
- HOT TAMALES  
(I FEEL THESE ARE ALWAYS A MUST)
- MORE GUM
- PILLOW
- WATER BOTTLE  
(BUY ONE OR BRING A RE-FILLABLE ONE)
- JACKET  
(EVEN IF YOU ARE HEADED SOMEWHERE WARM THE AIRPORTS ARE ICEBOXES)
- CHANGE OF CLOTHES  
(CHECKED BAGS GET LOST)
- SWIMSUIT  
(IN CASE YOU ARE GOING SOMEWHERE IT IS NEEDED & YOUR BAG MIGHT GET LOST)

**\*THIS IS JUST A SUGGESTION! SHORT FLIGHT? YOU PROBABLY DON'T NEED MUCH. GOING TO THE ARCTIC CIRCLE...PROBABLY DON'T NEED A SWIMSUIT. AND SO ON. PLEASE REMEMBER YOU ARE IN A CRAMPED PLANE WITH A BUNCH OF PEOPLE SOME PEOPLE ARE PRONE TO MIGRAINES (SO DON'T SPRAY YOURSELF WITH PERFUME UNTIL YOU GET TO YOUR DESTINATION AIRPORT), SOME PEOPLE ARE SICK SO BRING, AND TAKE, THAT VITAMIN C - FIGHT THEIR GERMS!\***