Long Haul Flight Bag Checklist for Her

FOR THE LITTLE CARRY-ON BAG YOU KEEP UNDER YOUR SEAT

TECHNOLOGY:

- ◯ Phone + Headphone
- ◯ Laptop / Tablet
- ◯ External Battery
- ◯ Ipod / Mp3 Player
- ◯ Book / E reader

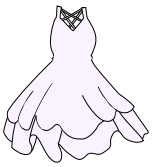
DOCUMENTS:

- ◯ Passport / IDs
- ◯ Visa
- ◯ Boarding Passes
- ◯ Itinerary
- ◯ Reservations / Confirmations
- ◯ Tickets (Hotel, Train, Transfer etc.)
- ◯ Insurance
- ◯ Wallet: Credit cards
  - Prepaid Card
  - Cash
- ◯ Vaccination Records (INTL)
- ◯ Copy of Documents
- ◯ Emergency Contact Info

TOILETRIES:

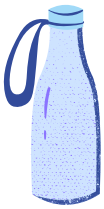
- ◯ Gum
- ◯ Toothpaste + Toothbrush
- ◯ Baby Wipes
- ◯ Tissue
- ◯ Makeup + Remover
- ◯ Refreshing Face Mist
- ◯ Lip Balm
- ◯ Moisturizer
- ◯ Deodorant
- ◯ Female Product
- ◯ Hand Sanitizer
- ◯ Chapstick
- ◯ Eye Drops
- ◯ Contacts case + Solution
- ◯ Travel Hair Brush

CLOTHES:



- ◯ Compressed Socks
- ◯ Eye Mask
- ◯ Ear Plugs
- ◯ Sunglasses
- ◯ Eye Glasses
- ◯ Neck Pillow
- ◯ Comfortable Top + Bottom
- ◯ Scarf to protect yourself from AC

MISCELLANEOUS:



- ◯ Snacks
- ◯ Reusable Bottle
- ◯ First Aid: Motion Relief
  - Pain Killers
  - Natural Sleeping Pills
  - Prescription Medications
  - Vitamins
  - Contraceptiv
- ◯ Pen and Paper

Note