



ULTIMATE CARRY-ON ESSENTIALS PACKING LIST

PERSONAL ITEM FOR STOWING UNDER YOUR SEAT

If you need to pack a lot, I suggest using a bigger personal item*, such as a backpack or crossbody computer bag, and packing a smaller purse inside your suitcase to use when you reach your destination. This leaves your hands free to carry a coffee and travel documents.

*ALWAYS check with your airline for their personal and carry-on item dimension requirements.

- Wallet, passport, and travel documents
- Phone, charger, and a portable charger – make sure you have the proper plugs for your destination
- Medications that must be taken in-flight – don't forget anti-nausea and pain reliever
- Chapstick and travel sized hand lotion
- Travel-sized baby or sanitizing wipes for freshening up
- Glasses, case, sunglasses, contact case, and travel-sized contact solution
- Toothbrush/toothpaste/deodorant/eye mask/earplugs for a longer flight
- Book or tablet and charger with downloaded entertainment and noise-canceling headphones, or a journal
- Tissues, hair ties, personal hygiene items
- Empty insulated cup/reusable straw. Fill it up once you get past security to avoid paying for airport bottled water. Many resorts are doing away with straws.
- Snacks (not stinky ones!), gum, throat lozenges
- If you're traveling with children, a couple of quiet activities such as a coloring book/crayons, a portable gaming device, books, headphones can be packed in their bags
- Pillow/neck pillow - generally do not count as a personal item and can just be carried on – jackets can be stowed in pillowcases if you're traveling from cold to warm destination, so they don't take up room in your carry-on, but we suggest dressing in thin layers
- A large wrap/scarf that you can wear to the airport and use as a blanket in-flight
- We do NOT suggest taking off your shoes, but for comfort, a pair of warm and fuzzy socks

TSA Regulations state that, "You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams, and pastes in your carry-on bag and through the checkpoint. These are limited to travel-sized containers that are 3.4 ounces (100 milliliters) or less per item." If these are going in your personal item OR carry-on, take the bag out prior to the screening process.

CARRY-ON LUGGAGE

Consider your location and your destination. What essentials you would need if your checked bags were lost?

- One complete change of clothing appropriate for your destination plus a bathing suit and shoes/sandals, or gloves, hat, and boots.
- Any valuables, such as jewelry (can also go in your personal item) and makeup
- Additional medication, vitamins, etc., that won't need to be taken in-flight
- Toiletries: shampoo, conditioner, body wash, sunscreen, floss – keeping in mind the TSA guidelines above

SAFE TRAVELS & HAVE AN AMAZING TIME!