



Carry On Packing List

- LONG FLIGHTS -

TRAVEL DOCUMENTS

- PASSPORTS
- BOARDING PASSES
- TRAVEL INSURANCE DOCUMENTS
- CASH
- CREDIT/DEBIT CARDS
- HOTEL INFORMATION

MEDICINE

- ANTI NAUSEA MEDICINE
- ANTI DIARRHOEA MEDICINE
- PRESCRIPTION MEDICINE
- HEADACHE & PAIN TABLETS

COMFORT

- NECK PILLOW
- EYE MASK
- SOCKS
- WATER BOTTLE
- SNACKS
- CAMERA
- MEMORY CARDS

PERSONAL ITEMS / TOILETRIES

- HAND WIPES
- FACE WIPES
- HAND SANITIZER
- HAND LOTION
- MAKEUP & SKIN CARE PRODUCTS
- MOUTHWASH
- TOOTHBRUSH & TOOTHPASTE
- EYE-DROPS
- NASAL SPRAY
- DRY SHAMPOO
- HAIR BRUSH & ELASTICS
- DEODORANT

(REMEMBER TO CARRY THE CORRECT
SIZE LIQUID CONTAINERS)

OTHER/BACK UP ITEMS

- SWEATER
- EXTRA UNDERWEAR
- EXTRA SWEATER
- EXTRA SHIRT
- EXTRA PANTS
- EXTRA SOCKS
- NOTEBOOK & PEN