

# LONG FLIGHT ESSENTIALS *Checklist*

## TRAVEL DOCUMENTS

- Boarding Pass
- Passport
- Itineraries/Confirmations
- Driver's License
- Wallet

## HEALTH

- Disinfecting Wipes
- Hand Sanitizer
- Medication(s)
- Pain Reliever
- Sleep Aid
- Motion Sickness Aid
- Jet Lag Tablets
- Lotion
- Eye Drops
- Toothbrush/Toothpaste
- Lip care
- Face/Body Wipes

## ELECTRONICS

- Phone
- E-Reader
- iPad/Tablet
- Laptop
- Earbuds/Headphones
- Electronics Chargers
- Portable Charger
- Camera/Equipment

## PERSONAL

- Neck Pillow
- Book/Magazine
- Eye Mask
- Ear Plugs
- Compression Socks
- Glasses/Sunglasses
- Jewelry
- Water Bottle
- Snacks
- Gum Mints

## NOTES