

Long Flight Essentials

Basic items you will need to survive a long flight.

Food

- ☐ Healthy Snacks - Nuts, Protein Bars, Granola, Ginger Chews
- ☐ Water bottle, Mints (gum or altoids)
- ☐ Napkins

Clothing

- ☐ Sweatshirt/Hoodie or light jacket
- ☐ Scarf for women/Hat for men
- ☐ Sunglasses/Glasses/Reading Glasses
- ☐ Heavy socks/Compression socks
- ☐ Eye mask (optional)
- ☐ Plane Pillow (optional)

Entertainment

- ☐ Mobile/Phone Charger
- ☐ Headphones/Headset
- ☐ Notebook and two pens
- ☐ Paper back book/Downloaded book on iPhone or Tablet for reading
- ☐ iPhone/Samsung phone or whatever phone you have (set to airplane mode while in the air)

Toiletries

- ☐ Toothbrush/Toothpaste travel size/Floss
- ☐ Face wipes
- ☐ Deodorant
- ☐ For girls - hair tie
- ☐ Meds like Dramamine/Aspirin/Tylenol
- ☐ Melatonin
- ☐ Chapstick
- ☐ Small makeup kit for her - Lipstick, face powder, eyeliner (bring the most important things from makeup kit not your whole

parlor)

☐ Clorox wipes (optional - to wipe down plane seat)

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