

# 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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