

Long Haul Flight Essentials



CHECK LIST



- CHEWING GUM
- CLEAN UNDERWEAR (AND SPARE BAG FOR DIRTY UNDERWEAR)
- COMFORTABLE CLOTHES
- COMPRESSION SOCKS
- DEODORANT
- EAR PLUGS
- ELECTROLYTES
- EYE DROPS
- EYE MASK
- FACE WASH
- HAIR BRUSH
- HAIR SCRUNCHIES
- HAND CREAM
- HAND SANITISER
- HYDRATING SKINCARE TRAVEL KIT (AND COTTON PADS)
- KINDLE (OR A BOOK/MAGAZINE)
- LIP BALM
- NOISE CANCELLING HEADPHONES
- PRESCRIPTION MEDICATION AND ANY PAIN RELIEF
- PENS
- POWER BANK (AND CHARGING CABLES)
- REUSABLE WATER BOTTLE
- SLIP-ON SHOES
- TOOTHBRUSH AND TOOTHPASTE
- TRAVEL PILLOW