

### **Carry On Essentials Packing List:**

- Passport/ other ID
- Credit cards, ATM cards
- Cash
- Printed itinerary/ confirmations
- Eye glasses and contacts
- Essential medication and prescriptions
- Electronics (cell phone, camera, computer, adaptors)
- Jewelry and other valuables
- Reading material / entertainment (books, movies, magazines)
- Toothbrush, toothpaste and floss
- Lip balm, lotion and other toiletries
- Disinfecting wipes or hand sanitizer
- Eye mask
- Ear plugs or noise reducing headphones
- Sleeping pill or melatonin
- Extra outfit (including underwear)
- Compression socks
- Scarf
- Sweater or fleece
- Snacks
- Bottle of water
- Blanket
- Pillow
- Pen