

Carry-On Checklist

A carry-on checklist for packing a cabin bag, covering the liquids rule, essentials, electronics, comfort items, and what to keep on hand.

Liquids and Toiletries

- ☐ Travel-size liquids in a clear, resealable bag
- ☐ Keep containers within the allowed size limit
Liquid limits vary by airport, so check current rules
- ☐ Toothbrush and small toothpaste
- ☐ Hand sanitizer within the size limit
- ☐ Lip balm and basic skincare

Documents and Money

- ☐ Passport or ID and boarding pass
- ☐ Any visas or entry documents
- ☐ Wallet with cards and some cash
- ☐ Travel insurance details
- ☐ Copies of key documents stored separately

Electronics

- ☐ Phone and charging cable
- ☐ Power bank, kept in carry-on only
- ☐ Laptop or tablet
- ☐ Headphones
- ☐ Travel adapter for your destination

Health Essentials

- ☐ Daily medicines in labeled containers
- ☐ A small first-aid kit
- ☐ Glasses or contacts and solution
- ☐ Tissues and any motion-sickness remedies

Comfort for the Flight

- ☐ Neck pillow and eye mask
- ☐ Earplugs or noise-cancelling headphones
- ☐ A light layer or scarf
- ☐ A book, e-reader, or downloaded entertainment
- ☐ Snacks and an empty refillable water bottle

Just in Case

- ☐ A change of clothes and clean underwear
- ☐ Spare phone charger
- ☐ Essential valuables, never in checked bags
- ☐ Pen for arrival or customs forms