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