

Long-Haul Flight Packing Checklist

What to keep at your feet for 6+ hours in the air. Tick it off as you pack.

DOCUMENTS

- ☐ Passport
- ☐ Visa / ESTA / eTA if needed
- ☐ Boarding passes
- ☐ Travel insurance details
- ☐ Accommodation address saved
- ☐ Pen for arrival forms

SLEEP

- ☐ Supportive travel pillow
- ☐ Contoured eye mask
- ☐ Earplugs
- ☐ Warm layer / hoodie
- ☐ Thick socks

ENTERTAINMENT

- ☐ Noise-cancelling headphones
- ☐ Bluetooth transmitter for seat screen
- ☐ Airplane phone holder
- ☐ Downloaded films & series
- ☐ Podcasts & audiobooks
- ☐ Book or e-reader
- ☐ Tray-table game

CHARGING

- ☐ Power bank (cabin only)
- ☐ Charging cables in one pouch
- ☐ Travel adapter for destination
- ☐ Phones charged before boarding

COMFORT & HEALTH

- ☐ Compression socks
- ☐ Refillable water bottle (empty)
- ☐ Lip balm & moisturiser
- ☐ Eye drops
- ☐ Toothbrush & toothpaste
- ☐ Regular medicines + spare
- ☐ Comfortable, loose clothes
- ☐ Slip-on shoes

MY EXTRAS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SNACKS

- ☐ Snacks for the flight
- ☐ Chewing gum / boiled sweets

FOR THE OTHER END

- ☐ Change of clothes in hand luggage
- ☐ Offline maps
- ☐ Local currency / card
- ☐ Transfer or taxi booked

TRAY-TABLE GAMES

- ☐ Hive Pocket
- ☐ The Fox in the Forest
- ☐ Dobble

LEAVE AT HOME

- ☐ Big blankets
- ☐ Too many gadgets

