

TRAVEL PACKING LIST

by a Flight Attendant

Essentials

- Wallet (w/Cash+Credit Card)
- Phone
- Passport
- Visa
- Boarding Pass
- iPad
- Laptop
- Pen (trust me you'll need one)
- Glasses
- Watch
- Headphones
- Keys
- Charger
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Clothes

- Shirts/ Tanktops
- Pants/ Shorts
- Dress/ Skirt
- Sneaker
- Adiletten
- Outdoorshoes
- Undies/Bra's
- Socks
- Sportsbra -comfywise
- Pyjamas -if you wear them
- Leggings
- Hat/ Beanie
- Packable Downjacket
- Belt
- Jewellery
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Toiletries

- Shampoo
- Conditioner
- Bodywash
- Lotion
- Deoderant
- Brush
- Toothbrush
- Toothpaste
- Floss
- Hairties
- Contacts+ Solution
- Tampons/ Cups/ Pads
- Condoms/ Birth Control
- Razor
- Sunscreen
- Parfum
- Hair Dryer/ Straightener
- Styling Products
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Tip:
Use Travelsize
Versions or buy
Small Bottles
& fill those w/your
Shampoo etc.

Miscellanions

- Adapter
- Camera
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*Anything
you CAN NOT
leave behind!*

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Medication

*Important:
Meds in your
Handluggage!*

- Vitamins
- Hand Sanitizer
- Band Aids
- Ibuprofen
- Motion Sickness Pills
- Chapstick
- Eyedrops
- Buscopan
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Handluggage

- Empty Bottle -Hydro Flask/Nalgene
- Comfy Sweater
- Leggings
- Socks
- Travel Pillow
- Slippers -easy for toiletrun
- Toothbrush
- Toothpaste
- Sleeping Mask
- Ear Plugs
- Book
- Sanatizer
- Eyecream
- Tissues
- Gum
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*Handluggage
is key to feel as
comfy as possible in
a Tube 32K ft off
the Ground*

Make Up Bag

- Face Wash
- Tinted Moisturizer
- Face Lotion
- Lash Curler
- Concealer
- Blush
- Lipstick
- Mascara
- Eyeliner
- Brushes
- Foundation
- Eyeshadow
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Snacks

- Nuts
- Cracker
- Nutbutter
- Bars -RX/Kind
- Apple
- Carrots
- Crispy Chickpeas
- Stulle aka. Sandwich
- Beef Jerky
- Granola
- Dried Fruits
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