Your packing checklist

Pack for your itinerary, weather and laundry plan. Cross out what you don’t need. Tick an item when it is packed, not when you’ve thought about packing it.

Trip / dates / next laundry day

Documents and essentials

- ☐ Passport / ID, required entry documents and bookings.
- ☐ Main payment method, separate backup and insurance contacts.
- ☐ Protected offline copies and a separate recovery route.
- ☐ Regular medicines in labelled original packs; required prescriptions or permissions.
- ☐ Glasses, hearing aids and other essential devices.

Clothing, comfort and personal needs

- ☐ Mix-and-match clothing, underwear and socks until laundry day.
- ☐ Weather layers, sun or rain protection and broken-in shoes.
- ☐ Sleepwear, swimwear or a smarter outfit where needed.
- ☐ Toiletries, period products and contact-lens supplies as relevant.
- ☐ Small first-aid supplies chosen for the trip.

Tech and trip-specific items

- ☐ Phone, charger and suitable plug adapter.
- ☐ Permitted power bank, protected and kept in the cabin when flying.
- ☐ Work, children’s, mobility or specialist activity equipment where needed.
- ☐ Light day bag, laundry bag and personal additions.

Before closing the bag

- ☐ Check every carrier’s bag count, dimensions, weight and battery rules.
- ☐ Check departure, transit and return security requirements.
- ☐ Weigh and carry the bag; remove what earns no place.
- ☐ Keep essentials accessible if a cabin bag is checked.

Useful links

FAA battery guidance

CDC medicine guidance

Rules vary by route and can change. Confirm the applicable requirements before departure.