



Packing essentials for on the plane

In-flight essentials will largely depend on the climate of your destination. Here's a handy checklist of key items to pack for any trip abroad.

Gadgets

- Mobile phone or tablet and earphones
- Laptop if on a business trip
- Travel adapter and chargers

Health

- Travel first aid kit
- Personal medications
- Face and hand cream
- Lip balm

Personal items

- Travel toothbrush and toothpaste
- Contraception
- Anti-perspirant
- Reusable water bottle and coffee cup
- Sunglasses and hat for hot destinations
- Earplugs and eye mask
- Scarf/sweater for in-flight air-conditioning
- Flight socks
- Inflatable pillow for long flights

Travel documents

- Plane tickets
- Passport and visa
- Money (debit and credit cards)
- Local currency
- Back-up notes of travel arrangements
- List/booklet of your vaccinations
- Photocopy of your passport page

