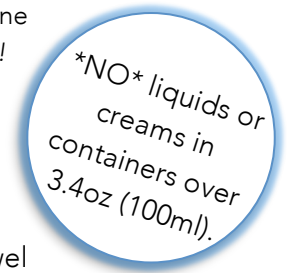


Carry-On Check List for Long International Flights

Check your airline's luggage size limits before packing! On some airlines, travelers can bring two items into the cabin: a purse or laptop bag and a very small suitcase. At least one low-cost airline in Europe only allows one miniature suitcase (no purse!). Always check with your airline's rules!



Money

- o ATM card (an ATM withdrawal typically costs less than exchanging cash at a bank or an airport kiosk)
- o Credit card with a microchip & the pin code
- o A copy of your credit card company's list of travel benefits

Nutrition

- o High protein snacks, fruit, sandwiches, etc. (Food is allowed, but liquids are not.)
- o Empty water bottle to refill after Security

What to wear

(Dress in whatever is comfortable to wear for a long period of time. Remember it's often rather cold on winter flights longer than 4 hours.)

- o Shoes that are easy to take off at Security
- o Button-up shirt for easy layering
- o Pants with a comfortable waist
- o Light scarf
- o Light jacket or fleece sweater

Winter Season Additions:

- o Smartwool long shirt, pants & socks
- o Winter jacket

Important Documents

- o **Printed Emergency Contact List:** a contact in the host country (hotels), a contact in your home country, the phone number and address of the US Embassy or Consulate nearest your destination
- o **Health Summary:** immunizations, prescriptions, current conditions, recent procedures, international number for your health insurance (if you need a wheelchair: a letter from your doctor)
- o **Travel documents:** boarding pass, train tickets needed upon arrival, map of your destination city
- o **Itinerary:** printed and/or digital (in an app like Tripit on your phone or tablet)
- o **Passport** (start the process to renew or order your first passport at least 2 months before your trip)
- o **The appropriate travel visa:** Check with the destination country's embassy for instructions.

Fun & Electronics

- o **Entertainment & headphones** (music, books, e-books, or movies on a phone, tablet or laptop)
- o **Charging equipment** (an international electricity converter and a portable battery charger)

Useful Supplies

(in case your luggage gets lost & also perfect to be refreshed upon arrival)

- o Quick-dry microfiber towel
- o Allergy or other medication
- o Quart size plastic bag for liquids
- o Several band aids & alcohol swabs
- o Travel packs of tissues
- o Glasses, contact lens case, lens solution
- o Moisturizer & lip balm
- o Toothbrush
- o Toothpaste
- o Makeup
- o Small plastic bags (empty)
- o Fresh shirt & underwear
- o Small items you will want easy access to upon arrival, such as sunglasses, drivers license, wallet, keys, car rental reservation, etc.

Sleeping Aids

(Do not use a sleeping pill when traveling alone, and never try one for the first time in a plane.)

- o Neck support
- o Ear plugs
- o Eye mask