

Your long-haul flight essentials checklist

[Click here for the article with all the details on why you need these items for your flight!](#)

Our Essentials

Your Notes

Hydration

- Empty water bottle
- Rich moisturiser (<100ml)
- Saline nasal spray
- Hydrating facial sheet mask

Sleep

- Eye mask for sleep
- Ear plugs
- Inflatable pillow
- Melatonin and sleeping pills

Electronics

- Noise cancelling headphones
- Phone
- Power Bank
- USB charging cable/s
- Downloaded music and other entertainment
- Downloaded offline Google Maps for destination
- Downloaded offline Google Translate for destination
- Downloaded ride sharing app for destination

Clothing

- Compression socks
- Full change of clothing plus two sets of undergarments
- Wear comfy clothing

General

- Passport and tickets in RFID protected wallet
- Pen and notebook
- Antibacterial wipes
- Hand sanitiser (<100ml)
- Tissues
- Deodorant and fragrance
- Makeup
- Oral care (mouthwash and floss)
- Optical needs (glasses, contacts, eye drops)
- Medical needs (prescription drugs and any other essential items for your trip)

Don't forget to pack your liquids in a clear bag and keep these, and your electronics, easy to access for security screening