



HAND LUGGAGE Checklist



The must-haves, always-with-you essentials & comfort savers. 



1. ESSENTIALS

- ☐ Passport
- ☐ Boarding pass / e-ticket
- ☐ Wallet (cards + cash in local currency)
- ☐ Phone
- ☐ Travel insurance details
- ☐ Itinerary / hotel addresses
- ☐ Pen
- ☐ Tissues / wet wipes
- ☐ Key / house key (in case of emergencies)



Keep these in a quick-access pouch or pocket.



2. COMFORT & ENTERTAINMENT

- ☐ Neck pillow
- ☐ Light scarf / shawl / sarong
- ☐ Headphones / earbuds
- ☐ E-reader / Kindle / book
- ☐ Notebook & pen
- ☐ Eye mask
- ☐ Hand sanitiser
- ☐ Lip balm (SPF)
- ☐ Chewing gum / mints



For naps, boredom-busting & long-haul sanity.



3. SNACKS & HYDRATION

- ☐ Reusable water bottle (empty after security)
- ☐ Snacks (nuts, protein bar, etc.)
- ☐ Electrolyte sachet
- ☐ Tea / coffee sachet
- ☐ Reusable cutlery / straw (optional)



Hydrate, refuel, repeat.



4. TOILETRIES & FRESHEN UP

- ☐ Toothbrush & toothpaste (travel size)
- ☐ Face wipes
- ☐ Moisturiser
- ☐ Lip balm
- ☐ Hand cream
- ☐ Deodorant (travel size)
- ☐ Sunscreen (small)
- ☐ Contact lenses + solution / glasses
- ☐ Hair tie / brush



Feel human on arrival.



5. TECH & ELECTRONICS

- ☐ Phone
- ☐ Phone charger
- ☐ Power bank
- ☐ Charging cables (all devices)
- ☐ Universal plug adapter
- ☐ Earbuds / headphones
- ☐ Kindle / tablet
- ☐ Extra storage (SD / cloud backup)



Charged up & ready to go.



6. MINI HEALTH & SAFETY KIT

- ☐ Prescription medication (in original packaging)
- ☐ Pain relief
- ☐ Antihistamine
- ☐ Plasters
- ☐ Rehydration salts
- ☐ Hand sanitiser
- ☐ Insect repellent wipe
- ☐ Mask (optional)



Small kit, peace of mind.



Tip: Keep heavy items (low & close to your body) and liquids easy to remove. 

Pack light. Pack smart.
Leave room for adventure. 

