PACKLIGHTLAB · FREE PRINTABLE

Carry-on packing list

Everything for about a week with no checked bag. Tick it off as you pack.

Trip: Dates: Airline:

Documents and money

- [ ] Passport or REAL ID
- [ ] Visa / travel authorization
- [ ] Boarding pass (+ screenshot)
- [ ] Credit and debit cards
- [ ] Some local cash
- [ ] Travel insurance details
- [ ] Offline copies of documents

Electronics

- [ ] Phone + charging cable
- [ ] Wall charger (multi-port)
- [ ] Power bank (carry-on only)
- [ ] Travel adapter
- [ ] Headphones or earbuds
- [ ] Laptop or tablet + charger
- [ ] Camera + spare batteries
- [ ] eSIM or roaming plan

Health

- [ ] Prescription medication
- [ ] Pain relievers
- [ ] Bandages
- [ ] Hand sanitizer

Extras

- [ ]
- [ ]
- [ ]

Clothes (about a week)

- [ ] 4–5 tops
- [ ] 2 bottoms
- [ ] 1 warm layer
- [ ] 1 light jacket (wear it)
- [ ] 5–7 underwear
- [ ] 5–7 pairs of socks
- [ ] Sleepwear
- [ ] Walking shoes (wear them)
- [ ] 1 lighter pair of shoes
- [ ] Swimsuit (optional)

Toiletries · 3-1-1 bag

- [ ] Toothbrush + toothpaste
- [ ] Deodorant
- [ ] Shampoo + conditioner
- [ ] Face wash + moisturizer
- [ ] Sunscreen
- [ ] Brush or comb, hair ties
- [ ] Razor
- [ ] Lip balm
- [ ] Glasses / contacts + solution

For the flight

- [ ] Empty water bottle
- [ ] Snacks
- [ ] Neck pillow, eye mask, earplugs
- [ ] Pen for arrival forms
- [ ] Downloads: shows, maps, music

Liquids (US): containers of 3.4 oz / 100 ml or less, all in one quart-size bag. Medication can be larger: tell the officer. **Carry-on only:** power banks and spare lithium batteries.

Check your bag size first: **packlightlab.com/carry-on-size-checker**