



Flying Light CHECKLIST

OVERVIEW:

Getting ready to get away? Having reliable items such as ear plugs and sanitizer handy on your next flight can keep you—and your kids—happy.

Print out this guide and keep it with your luggage, so you'll always know the carry-on necessities to make flying a breeze.

WHAT'S INCLUDED:

- **Flying Light Checklist**



Flying Light CHECKLIST

- ❑ **EYE MASK** - block out the light so you can grab some shut-eye.
- ❑ **EAR PLUGS** - drown out any outside noise, including crying babies or loud conversations.
- ❑ **HEADPHONES** - bring your own so you won't miss out on any music or movies.
- ❑ **EXTRA WATER** - bring an empty bottle, and refill it after going through security.
- ❑ **HAND SANITIZER/WIPES*** - to kill germs on armrests and tray tables.
- ❑ **SNACKS** - for when hunger strikes and free pretzels aren't enough.
- ❑ **TOILETRIES** - a little mid-flight refresh can keep you happy, and clean.
- ❑ **EYE DROPS*** - rehydrate your eyes in the dry cabin air.
- ❑ **BOOK OR MAGAZINES** - the ultimate escape on a long flight.
- ❑ **NOTEBOOK AND PENCIL** - for notes, a crossword, and more.
- ❑ **TRAVEL BLANKET** - to keep warm when your neighbor has the air blowing.
- ❑ **TRAVEL PILLOW** - rest comfortably during the entire flight.
- ❑ **CHARGER** - for your electronics. Consider portable chargers as well, since most planes don't have power outlets.
- ❑ **SOCKS** - to keep your feet warm and comfy all flight.
- ❑ **PAIN RELIEVER** - just in case a headache starts to form.

* Per the TSA liquid rule, each must be 3.4 oz. or less and all must fit into a quart-size ziplock bag.

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