

LONG-HAUL FLIGHT SURVIVAL CHECKLIST

- ☐ Book
- ☐ Smartphone/tablet/laptop and chargers
- ☐ Notebook & pen
- ☐ Headphones (preferably noise cancelling)
- ☐ Waterless handwash
- ☐ Nasal spray
- ☐ Water bottle or insulated, sealable travel mug/thermos
- ☐ Snacks
- ☐ Tea bags
- ☐ Socks or slippers
- ☐ Pillow
- ☐ Small blanket or large scarf
- ☐ Carry-on size toiletries
 - Toothbrush & toothpaste
 - Facewash and moisturiser

BON VOYAGE!