

# EverAfter Travel Long Flight Packing List



Just like with anything in life, preparing your attitude ahead of time for a long flight is key to success. I suggest looking at the time you are going to spend on a long flight as a glorious time of rest rather than an inconvenience. No phone calls, no text messages, no social media, no responsibilities. You just get to sit and relax - sleep, read that great book you've been wanting to read, binge watch movies guilt-free. If you're going to be stuck on a plane for a long time, you might as well turn it into something you can enjoy. A long flight might seem like it's never-ending, but the rewards of an amazing trip will be well worth the relatively short time spent on the plane to get there!

**Here are some things to consider bringing with you to make your time on a long flight go as smoothly as possible:**

- ☐ Food; bring a little more than you think you will need in case of travel delays
- ☐ Refillable water bottle
- ☐ Tea bags if you have a favorite tea, or other drink mix
- ☐ Small toiletry kit with travel-sized versions of everything you need to feel fresh
  - ☐ Facial wipes or cleanser
  - ☐ Hand/body wipes
  - ☐ Toothbrush, toothpaste and floss
  - ☐ Facial moisturizing
  - ☐ Hand and body lotion
  - ☐ Lip balm
  - ☐ Eye drops (if you're prone to dry eyes)
  - ☐ Hand sanitizer
  - ☐ Deodorant
  - ☐ Small comb or brush
- ☐ Entertainment
  - ☐ Tablet, e-reader and/or DVD player
  - ☐ Book or magazine if you prefer a physical version
  - ☐ Cards or other small games
  - ☐ Small notepad or pen
  - ☐ Battery charger and cords - for your phones, tablets and even laptop
- ☐ Comfort
  - ☐ Eye mask
  - ☐ Ear plugs or noise canceling headphones
  - ☐ Neck pillow
  - ☐ Blanket/scarf
  - ☐ Lightweight layers
  - ☐ Socks (compression if you're prone to feet/ankle swelling)
  - ☐ Slip-on shoes
- ☐ Medication
  - ☐ Motion sickness remedies
  - ☐ Over the counter medications for headaches, aches and pains, if recommended by your doctor
  - ☐ Any prescription medication you need - please make sure any medications you rely on are in your carry-on
- ☐ Clothing
  - ☐ An extra change of clothes (in case of spills or lost checked luggage)
  - ☐ Pajamas or just super-comfy clothes if you prefer to change for sleeping