



TRAVEL

CHECKLIST

TRAVEL DOCUMENTS & ESSENTIALS

- Passport & Visa
- Boarding Pass & Flight Details
- Travel Insurance Info – Just in case!
- Credit Cards & Currency
- Hotel & Transport Confirmations

IN-FLIGHT ESSENTIALS

- Compression Socks
- Hand Sanitizer & Wipes
- Lip Balm & Moisturizer
- Pen for Customs Forms

PACKING & CARRYON MUST-HAVES

- Phone, Laptop & Chargers
- Apple AirTags
- Noise-Canceling Headphones
- Travel Pillow & Eye Mask
- Extra Outfit & Toiletries

PRE-FLIGHT PREP

- Check-In Online
- Stretch & Hydrate
- Set a Flight Playlist or Podcast
- Confirm Time Zones & Weather