Carry-On Only Packing Checklist: One Week

Destination: _____ Dates: _____ Airline bag allowance: _____

Clothing

- [ ] 4 to 5 tops in matching colours
- [ ] 2 bottoms (plus the pair worn)
- [ ] 1 warm layer
- [ ] 1 lightweight waterproof jacket (wear it)
- [ ] 5 to 7 underwear and socks
- [ ] Sleepwear / loungewear
- [ ] Walking shoes (wear them) and 1 lighter pair
- [ ] 1 smarter outfit, if needed

Toiletries (check liquid rules for each airport)

- [ ] Clear bag with travel-size liquids
- [ ] Toothbrush and toothpaste
- [ ] Solid alternatives: shampoo bar, solid deodorant
- [ ] Medicines in original packaging, with prescriptions
- [ ] Sunscreen (or buy on arrival)

Tech

- [ ] Phone and charger
- [ ] Universal plug adapter
- [ ] Power bank (cabin bag only)
- [ ] Headphones

Documents and money

- [ ] Passport / ID valid for required period
- [ ] Visas or travel authorisations
- [ ] Tickets and booking confirmations (digital and paper)
- [ ] Travel insurance details and emergency number
- [ ] Two payment cards from different accounts, stored separately
- [ ] Secure digital copies of key documents

Before you leave

- [ ] Bag measured and weighed
- [ ] Liquids and electronics packed at the top
- [ ] Home secured, plants and pets arranged

Guide: www.flexyblogs.com/blog/carry-on-only-packing-list