	Packing Carry-On Bag
	Passport/Other ID
	Cash, Credit Cards, ATM Cards
	Printed Itinerary
	Hotel and Flight Confirmations
	Glasses/Contacts/Sunglasses
	Essential Medications and Prescriptions
	Electronics, Jewelry and Other Valuables
	Change of Clothing
	Reading Material/Entertainment
	Toothbrush, Toothpaste and Floss
	Lip Balm, Lotion and Other Toiletries
	Antibacterial Wipes and Sterilizing Lotions
	Eye Mask, Ear Plugs, Noise Cancelling Headphones, Sleeping Pills
	Blanket
	Pillow
	Compression Socks
	Scarf, Extra Sweater or Fleece
	Snacks
	Bottle of Water
	Pen
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