FREE PRINTABLE

Long-Haul Comfort Kit

BOARDING COMPLETE

For flights over six hours. Keep it in one pouch under the seat in front.

01 SLEEP

- ◯ Eye mask
- ◯ Earplugs
- ◯ Neck pillow
- ◯ Compression socks
- ◯ Cosy socks or slippers
- ◯ Light wrap or blanket

02 FRESHEN UP

- ◯ Toothbrush and toothpaste
- ◯ Face wipes
- ◯ Moisturiser and lip balm
- ◯ Hydrating face mist
- ◯ Deodorant
- ◯ Hairbrush and hair ties

NOTES

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03 STAY WELL

- ◯ Refillable water bottle
- ◯ Medication in original packaging
- ◯ Hand sanitiser
- ◯ Healthy snacks
- ◯ Chewing gum for take-off and landing
- ◯ Tissues

04 PASS THE TIME

- ◯ Films and series downloaded
- ◯ Book or e-reader
- ◯ Headphones and airline adapter
- ◯ Charging cable and power bank
- ◯ Puzzle book and pen
- ◯ Your flight diary

05 ON ARRIVAL

- ◯ Change of top
- ◯ Fresh pair of socks
- ◯ Sunglasses
- ◯ Arrival address saved offline