

Rolling Carry-On

- Change of Clothes — at least a clean shirt + undies, ideally one full outfit
- Electronics & Fragile items — DSLR, accessories, larger power banks, backup cords, adapters, converters (organized in a bag, or wrangled with ties)
- Laptop + Cords
- Prescription Meds — about a week's worth; bulk supply goes in my checked bag
- Travel Documents I won't need in the airport (itinerary, guidebooks)
- Small Toiletries + Travel Towel — if your layover airport has showers (YAY Amsterdam!)

Personal Item

- Essential Documents & Wallet Organizer — passport, credit/debit cards, cash, any pre-approved visas or entry documents. Always carry paper copies as backup.
- Prescriptions (in-flight needs) — anything you'll need to take during your journey.
- Mini First Aid Kit — for in-flight aches & pains:
 - Pain reliever
 - Stomach soothers (Pepto, Tums)
 - Band-aids
 - Decongestant pill/spray
 - Fiber pills + anti-diarrheal
- Hand Soap Sheets; Hand Sanitizer or Sanitizing Wipes
- N95 Face Masks
- In-Flight Beautification Bag:
 - Body Wipes
 - Deodorant Cream (won't melt, crumble, or leak.)
 - Face Wipes or Dissolving Cleanser Towels
 - Eye Cream
 - Hydrating Sleeping Mask
 - Day Cream with SPF for post flight
 - Aquaphor
 - Tooth Cleaning Kit — disposable brushes or toothbrush + toothpaste tablets, floss
 - Luxurious hand cream — go for a subtle, relaxing scent (like lavender)
 - Dry Shampoo
- Sleeping Supplies: eye mask, ear plugs, neck pillow, socks (cozy or compression)
- Entertainment & Electronics:
 - Kindle (or a book/magazine, old-school style) in its case
 - Phone, preloaded with shows/movies/podcasts
 - Noise-canceling earbuds
 - Charging cords for everything (wrangled with clips)
 - Charging block
 - Bluetooth Headphone Adapter
 - Notebook + Pens
- Flip flops or slides (mid-flight bathroom runs made easy)
- Pashmina (if I'm not already wearing it)
- Refillable water bottle
- Food & Drinks Kit: salt + pepper, seasoning/condiment packets, TSA-sized bottles of mocktail syrups/shrubs, dehydrated citrus powder, tea bags & honey packets