



# Long-Haul Flight

## *Survival Checklist*

### CLOTHING

- Sweaters & hoodies
- Joggers
- Compression socks

### ELECTRONICS

- Power bank
- Earphones

### SLEEPING GEAR

- Travel pillow
- Eye mask
- Light blanket
- Earplugs

### HYGIENE & TOILETRIES

- Wet wipes
- Hand sanitiser
- Moisturising cream
- Lip balm
- Toothpaste tablets

### ENTERTAINMENT

- Movies & music
- Book or e-reader
- Portable video games
- Cards, sudoku & notebooks

### FOOD & DRINKS

- Water bottle
- Light snacks



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