



STAFFORD AFFILIATES TRAVEL

Carry-on Packing Checklist

A simple, practical checklist to help you pack faster, avoid overpacking and keep your travel essentials close at hand.

Before you pack

Use this checklist for city breaks, short holidays and trips where you want to keep your essentials organised in hand luggage. Always check your airline allowance before you travel, especially bag size, liquid rules, battery limits and cabin baggage weight.

5 minute final check

- Passport, visa, travel insurance and booking references are easy to reach.
- Liquids are travel-sized and packed together where required.
- Power bank, medication and valuables are in your carry-on, not checked luggage.
- A spare outfit is packed in case checked luggage is delayed.
- Reusable bottle is empty before airport security.

| Smart packing rule | Why it helps |
|-------------------------|--|
| Pack by outfit | Choose items that work together rather than packing single-use clothing. |
| Keep documents together | Use one travel wallet, pouch or clearly marked pocket. |
| Use small pouches | Separate tech, liquids, medication and comfort items. |
| Leave space | Keep room for snacks, souvenirs or a jumper removed at security. |

Tip from Stafford Affiliates Travel

Do one trial pack before you travel. If the bag feels awkward at home, it will feel worse at the airport, on trains and when walking to accommodation.

The checklist

Tick each item as you pack it. Add your own trip-specific items in the notes boxes.

Documents and money

- Passport or accepted ID
- Visa or entry documents, if required
- Travel insurance details
- Boarding passes or booking references
- Hotel or accommodation details
- Payment card and backup card
- Small amount of local currency
- Emergency contact details

Clothing basics

- Spare underwear and socks
- Spare top
- Light layer
- Sleepwear for delays or one-night stop
- Comfortable shoes worn for travel
- Packable rain jacket or umbrella
- Swimwear, if needed
- Laundry bag

Tech and charging

- Phone and charger
- Travel adaptor
- Power bank, charged
- Charging cables
- Headphones or earbuds
- Tablet, e-reader or small laptop
- Camera or memory card, if needed
- Cable organiser or pouch

Toiletries and liquids

- Toothbrush and toothpaste
- Deodorant
- Face wash or wipes
- Moisturiser
- Lip balm
- Hand sanitiser
- Sunscreen, if needed
- Clear liquids bag, if required

Comfort in transit

- Light jumper or wrap
- Eye mask
- Earplugs
- Neck pillow, if useful
- Reusable empty water bottle
- Snacks
- Pen
- Book or entertainment download

Medication and health

- Prescription medication
- Copy of prescription, if useful
- Basic pain relief
- Plasters or blister patches
- Travel sickness remedy, if needed
- Glasses or contact lenses
- Small tissues
- Personal medical notes, if needed

Reusable swaps and final checks

| Instead of packing... | Try this reusable option |
|-------------------------|---|
| Single-use water bottle | Empty reusable bottle to refill after security. |
| Plastic carrier bags | Foldable tote or lightweight shopping bag. |
| Full-size toiletries | Refillable travel bottles or solid toiletries. |
| Loose cables | Small tech pouch or reusable zip bag. |
| Paper confirmations | Downloaded documents plus one essential printed backup. |

Airport-ready check

- Liquids are easy to remove if required.
- Laptop or tablet is easy to remove if required.
- Power bank is in carry-on baggage.
- Medication is in original packaging where practical.
- Sharp items and restricted items are not packed.
- Bag closes comfortably without forcing the zip.

On the day of travel

- Check flight time, terminal and gate information.
- Check weather at destination.
- Charge phone and power bank.
- Download offline maps, tickets and booking apps.
- Empty reusable bottle before security.
- Keep passport or ID in the same secure place.

Trip notes
