

Travel Packing Checklist: Carry-On vs. Checked Bag

Packing can make or break your trip. Here's a simple guide to help you decide what goes in your carry-on versus your checked bag. Use this checklist before every trip to save time, stress, and maybe even a few baggage fees.

Carry-On Essentials

- Passport, wallet, and travel documents
- Phone, charger, and power bank
- Medications and health essentials
- Snacks and refillable water bottle (empty through security)
- Headphones or earbuds
- Light jacket or scarf
- Toiletries under 100ml (toothbrush, hand sanitizer, lip balm)
- Pen for customs forms
- Book, e-reader, or entertainment
- One change of clothes (in case luggage is delayed)

Checked Bag Items

- Clothing for the length of your trip
- Shoes (casual, dress, or hiking depending on trip)
- Full-size toiletries
- Extra accessories (belts, hats, gloves, etc.)
- Travel-size laundry supplies (detergent sheets, bag for dirty clothes)
- Souvenir space (leave room for what you'll bring home)
- Specialty items (tripod, trekking poles, etc.)
- Liquids over 100ml (wine, olive oil, etc.)

Tip: Always double-check airline baggage rules before flying. Every carrier has its quirks, and knowing them can save you from surprises at the gate.