

KEEP CALM and PACK THAT CARRY-ON

What Type of Carry-On?

CARRY-ON OPTIONS:



Backpack



Shoulder Bag



Roller Bag

CHOOSE A CARRY-ON BASED ON:



Transportation



Type of Travel



Length of Time

What Goes With You on the Plane?

THE ESSENTIALS

Wallet & Cash:
U.S. and Destination
Country Currency

Passport &
Boarding Passes

Glasses/Contacts

Prescription Medications,
Travel-sized Medicines
& Toiletries

Snacks:
Trail Mix, Protein Bars

Water
(purchased after security)

Change of clothes
(in case your
suitcase gets lost)

ENTERTAINMENT & COMFORT

Jacket or
Small Blanket

Travel Pillow

Reading:
Magazine, Book,
Kindle, Journal

Entertainment:
MP3 Player, Tablet,
Computer

Headphones

Power:
Electronic Chargers,
Adapters

Pen
(for customs forms)

IMPORTANT PAPERWORK

CEA Arrival Card

CEA Location
Arrival Information

Flight Itinerary

Visa-Related Documents

Insurance Information

Important Copies:
Passport, Birth Certificate,
Insurance Cards,
Student ID Cards

Phone Numbers:
CEA Contacts,
Family Members, Banks

What Not to Pack in Your Carry-On:

Liquids
over 3oz

Water Bottles
with Liquid

Metal
Objects

Fruits &
Veggies

Sports
Equipment

Mace &
Pepper Spray

BCN

PLZ

PHX

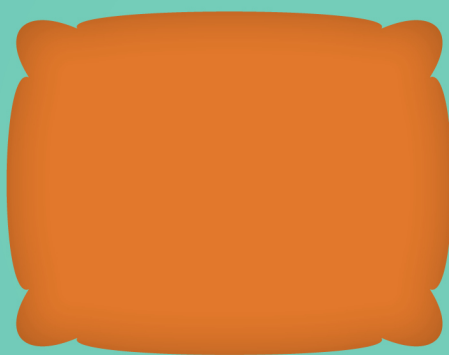
FCO

Before Stowing Your Carry-On, Take Out:

Pen



Snacks & Water

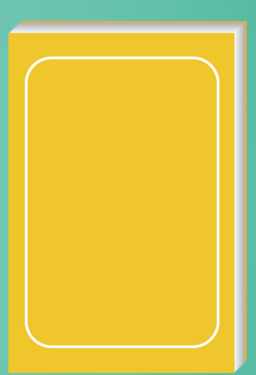


Travel Pillow/Blanket

Chapstick/
Lotion



Music &
Headphones



Entertainment
& Reading

Enjoy your flight!



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1.800.266.4441

Please remember that these tips are only suggestions and CEA takes no responsibility for your personal items' safety. Please pack with your specific travel circumstances in mind.