



[BEAUTY/FITNESS]

# packing tips checklist

You're really excited for that long-awaited trip... just make sure you don't get stuck in airport limbo. A week before your departure, check off this list of all the beauty products you'll need, so you can stock up on the ones you don't have.

item	size	packing info
<input type="checkbox"/> TOOTHBRUSH	n/a	Carry-on
<input type="checkbox"/> TOOTHPASTE	.85 oz.	Plastic zip-top bag
<input type="checkbox"/> SHAMPOO/CONDITIONER	2 fl. oz. each	Check it
<input type="checkbox"/> PAIN RELIEVER	2-pill travel pack	Plastic zip-top bag
<input type="checkbox"/> BODY WASH/SOAP	2 fl. oz.	Check it
<input type="checkbox"/> HAND/BODY LOTION	.75 oz.	Check it
<input type="checkbox"/> PERFUME	Trial from department store	Plastic zip-top bag
<input type="checkbox"/> FACIAL CLEANSER	2 fl. oz.	Plastic zip-top bag
<input type="checkbox"/> NAIL CLIPPER W/FILE	n/a	Check it
<input type="checkbox"/> MOUTHWASH	1.5 fl. oz	Check it
<input type="checkbox"/> DENTAL FLOSS	Travel size	Carry-on
<input type="checkbox"/> BAND-AIDS	8-count travel pack	Check it
<input type="checkbox"/> LIP BALM	.25 oz	Plastic zip-top bag
<input type="checkbox"/> ANTACIDS	4-tablet travel pack	Plastic zip-top bag
<input type="checkbox"/> BABY POWDER	1.8 oz.	Plastic zip-top bag
<input type="checkbox"/> CONTACT LENS CASE	n/a	Carry-on
<input type="checkbox"/> CONTACT LENS SOLUTION	2 fl. oz.	Plastic zip-top bag
<input type="checkbox"/> EYE GLASSES	n/a	Carry-on

item	size	packing info
<input type="checkbox"/> RAZOR	n/a	Check it
<input type="checkbox"/> SHAVING CREAM	2.75 oz.	Check it
<input type="checkbox"/> DEODORANT	.5 oz.	Plastic zip-top bag
<input type="checkbox"/> MAKEUP REMOVER	Travel towelettes	Check it
<input type="checkbox"/> COTTON SWABS	30-count travel pack	Check it
<input type="checkbox"/> NEOSPORIN	.3 oz. packet	Check it
<input type="checkbox"/> HAND SANITIZER	1 oz. bottle	Plastic zip-top bag
<input type="checkbox"/> EYE DROPS	.2 fl. oz.	Plastic zip-top bag
<input type="checkbox"/> VITAMINS	n/a	Plastic zip-top bag
<input type="checkbox"/> PRESCRIPTION MEDICATION	n/a	Plastic zip-top bag

## carry-on 411

### AIRPORT REGULATIONS

All gels, liquids, and aerosols must be packed in containers of three ounces or less and put into a single, quart-size, clear plastic zip-top bag. If you have any meds or items that do not fit in the quart-size bag, you must show it to security officers at the checkpoint. For more info, go to [TSA.gov](http://TSA.gov).

### LEAK PREVENTION

Liquids or gels tend to leak due to changing air pressure and temperature. Try filling a container a little more than  $\frac{3}{4}$  full to limit air space, or squeeze the container while screwing on a cap; you'll give the contents in the container room to spread out. You should put all containers in plastic bags just in case. Shop online for appropriately sized, leak-free bottles.