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Travel Essentials for Women Over 50 on Long Flights

By UnconventionallyWise.com

My personal setup

In addition to my checked luggage, I travel with three bags:

- Small sling bag (worn on-body)
- Backpack (personal item with trolley sleeve, zip-top, fits under the seat)
- Carry-on suitcase

In my sling bag

- Passport, boarding pass, Global Entry card
- Phone with mini wallet (ID, credit card, \$100 bill) + lanyard
- Thin wallet with health insurance, backup cards, and a €100 bill
- Printed itinerary with emergency contacts and travel insurance info
- Tissues and sanitizing wipes
- Lip gloss and chewing gum (for ear pressure and fresh breath)
- One soft N95 mask from Korea (worn during boarding, after landing, and mid-flight if someone nearby is sick)

In my backpack (personal item)

- Main wallet, jewelry pouch, house/car keys
- One pill organizer with one week of daily meds
- One pill organizer with two days' worth of vitamins and supplements
- A few painkillers, aspirin, and melatonin
- iPad
- Refillable water bottle (12 oz.)
- Notebook and pen
- Sunglasses in a sturdy case
- Light puffer jacket (even in summer)
- Scarf (light in summer, warmer in winter)
- Light beanie
- Extra pair of socks
- Extra N95 mask and hand sanitizing wipes (in outer pocket)
- A couple of thin, transparent plastic bags (to protect backpack from dirty floors or shoe soles)

Electronics pouch

- iPad, iPhone, and Apple Watch chargers + cables
- Plug adapters for destination
- Power bank (TSA-compliant, under 100 watt-hours)
- Headphones
- Screen and lens wipes

Toiletry pouch

- Toothbrush, floss and lip gloss
- Enlarging mirror, comb, eye pencil, dry compact
- Nail clipper
- Personal hygiene and hand sanitizing wipes
- Tissues

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In my carry-on suitcase – external pocket

Flight amenity pouch (*moved to seat pocket during flight*):

- Sanitizing wipes + small Ziploc for trash
- Sleep mask and ear plugs
- Cozy socks (I don't wear compression socks, but I take aspirin on flight days)
- Snacks: sweet treats for turbulence, plus protein bars in case of delays

Liquids bag (TSA-compliant, ¼-gallon clear zip bag):

- Small tubes of toothpaste, moisturizer and hand cream
- Liquid or cream medications
- Mosquito repellent and sunscreen (for warm climates)
- Eye drops

In my carry-on suitcase – main compartment

- Small first aid kit and non-liquid medications
- Ziploc bag with vitamins and supplements (preferably in original packaging)
- Backup iPad/phone charger and cables
- Packing cube with full outfit change: tank, tee, pants, socks, underwear, bra
- Pajamas
- Flip flops
- Hair straightener with plug adapter
- Lint roller
- Large Ziploc bag for dirty laundry
- A packable tote to carry medications or other essentials if carry-on gets checked unexpectedly

Extra tips from other travelers

- A handheld fan can help during hot boarding delays or on stuffy planes
- A Bluetooth adapter lets you use wireless headphones with in-flight entertainment
- Compression socks may help circulation and prevent clots, if you tolerate them—I don't, so I use loose socks and aspirin
- A travel blanket with foot pockets can be cozy, but I prefer using the airline blanket with my own packable jacket

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