

OneBag Kit — Carry-on one-bag packing checklist

onebagkit.com/checklist · General guidance — confirm your airline's cabin rules before you fly.

Bag & setup

- ☐ Main bag checked against your airline's current cabin size (and weight, if listed)
- ☐ Personal item that fits under the seat (daypack, sling, or laptop bag)
- ☐ 2–4 packing cubes or folders by category (tops / bottoms / underwear & sleep)
- ☐ Small pouch for cables and adapters
- ☐ A little empty space left so the bag still squeezes into a sizer

Shoes

- ☐ Main walking shoes — wear them on travel days
- ☐ Optional second pair (light sandals, flats, or dressable sneakers)

Documents & money

- ☐ Passport / ID (check expiry and entry requirements)
- ☐ Bookings and boarding passes saved offline
- ☐ Two payment cards stored separately + small cash backup
- ☐ Travel insurance details, if you have a policy

Personal item / access layer

- ☐ Passport, wallet, phone
- ☐ Meds and anything you cannot lose if the main bag is gate-checked
- ☐ Power bank and spare batteries
- ☐ Light layer for the cabin
- ☐ Water bottle (empty at security) and snack

Clothing (about one week + laundry)

- ☐ 5–7 tops that mix and match
- ☐ 2–3 bottoms
- ☐ 1 warm layer (light sweater or fleece)
- ☐ 1 packable rain shell or wind jacket
- ☐ Underwear and socks for 5–8 days
- ☐ Sleepwear
- ☐ Optional: one nicer outfit for dinners or events
- ☐ Optional: swimwear, scarf, or beanie for climate

Toiletries & health

- ☐ Clear liquids bag where your departure airport requires it
- ☐ Solid or mini toiletries: toothbrush, toothpaste, deodorant
- ☐ Sunscreen mini and lip balm
- ☐ Prescription meds (keep in personal item)
- ☐ Small first-aid basics you already use (blister care, pain relief)
- ☐ Laundry sheets or small detergent

Tech

- ☐ Phone + charger + short cable
- ☐ Plug adapter for your destination
- ☐ Power bank in cabin baggage (check watt-hour rules)
- ☐ Earbuds / headphones
- ☐ Optional: e-reader, laptop, or tablet

Day of travel

- ☐ Weigh the packed bag if your airline lists a cabin weight limit
- ☐ Liquids bag on top or in an outer pocket for security
- ☐ Valuables and one change of clothes accessible in case of gate check
- ☐ Re-check airline size, weight, and personal-item rules for this fare

Notes: _____