

How to Pack for Air Travel



Getty Image

Thank you for sending in some really great packing tips after my last post. Since nearly all of us have traveled somewhere, it is so nice to share with each other. As requested here is more packing information. Again, this is what works for me after many years of traveling for both business and pleasure.

Packing for an airline trip boils down to a few categories: clothes, shoes, toiletries, makeup and technology. A previous post focuses on what I include in my purse when I fly. You can see that post [here](#). Today, I am sharing everything else I pack for air travel.

Often, I will pack and then forget something ridiculous~like my contact lenses, or toothpaste. Since I've am traveling a great deal lately, I want to put together a comprehensive list of items that are necessary for me when traveling.

Toiletries



I always store liquids in Ziploc bags

Since most airlines limit the # of ounces you can take on a plane, I always buy travel sizes, or take some of the freebie products you get at the beauty counter. Generally the standard travel sizes last more than one week.

If you have experienced a liquid exploding in your suitcase, you quickly learn that Ziploc bags are your friend. I use them to store Q-tips and always keep my shampoo and conditioner in one.



Travel sizes comply with FAA requirements

Here is a list of toiletries I take with me. My toiletry bag is always packed and ready to go. After each trip I assess what needs replacing and do it while it is top of mind. Therefore I do not need to recreate the wheel each and every time I go somewhere.

Face Products

- Face wash (Ole Henriksen Truth Juice Daily Cleanser)
- Skin Care (Lumivive System-day/night serum, HA5)
- Face Moisturizer (Peter Thomas Roth Water Drench)
- Sunscreen
- Eye Cream (Thrive Defying Gravity)
- Headband

Body/Hair/Eyes

- Body Moisturizer
- Razor
- Body Wash
- Shampoo
- Conditioner
- Hair gel
- Hair Spray
- Nail Clippers
- Tweezers
- Eye Drops ([Lumify](#) is my favorite)
- Contact Lenses
- Glasses
- Deodorant (I love [Native brand](#))
- Fragrance-mini size
- Q-tips
- Toothpaste
- Floss
- Tongue scraper
- Mouth Guard/cleanser tablets

- Lip gloss (Carmex)
- Hairbrushes
- Band-aids
- Medication/supplements
- Optional: travel blowdryer

These products fit into a small cloth zippered bag, which fits nicely in my suitcase.

Make-up Bag



I really don't wear much makeup, primarily because I don't have a clue on how to apply it properly. But here are the basics I take with me:

- Primer-I don't have a favorite but I use various samples
- Foundation -MakeUp Forever at Sephora
- Blush-love Laura Mercier or Hourglass Ambient Lighting blush
- Translucent powder-prefer Lancome
- Eyelash conditioner
- Mascara (I love Thrive)
- 2 Eye shadows (both from Thrive: Estrella and Muna)
- Concealer
- 2 sponges for even application
- Lip liner-Lancome
- 2 lipsticks-Bobbi Brown
- Small sharpener
- 2 makeup brushes-one for blush and one for powder

All this fits in a flowered plastic-lined zipper pouch measuring 7" x 10".

Medications/Supplements



Any medication/supplements are sorted and organized before the trip. I always bring a few extra days worth just in case my travel plans change or I get stuck somewhere. Also, I put the daily pill container in a plastic zippered bag. This way the pills are protected from liquids or unexpected case openings.

What Suitcase?



Rimowa Classic roller

To me, a suitcase is like a purse. It's a very personal item. But since I only travel with a roller bag, I want one that is lightweight and of good quality.. Remember, after it is packed, you have to lift it to put it in the overhead compartment. Typically not many people are around to help, which is another reason to pack light.

In 2014, our entire family took a trip to Italy for 3 weeks. Everyone was allowed one roller suitcase and we invested in this Rimowa line. It is lightweight, has a large interior, multi-wheel system, telescoping handle and made of durable material. Each bag comes with a 5 year warranty and excellent customer service. It's an investment, but this bag never disappoints. The steering is effortless which is a big relief to my shoulders. I rarely pull it as it glides easily along side of me.

To link to Rimowa products, click [here](#).

Packing the Suitcase



I lay everything flat

Several years ago, I attended a presentation by a woman who shared her packing strategy. What stuck with me the most, was how little you need to bring if you are thoughtful in

utilizing your clothes. For example, I have one black dress (from Target) that I can dress up or down. From this one dress I can create several outfits by accessorizing differently.

Use every inch



Utilize the shallow wells for small, lightweight items

It is also important to use every nook and cranny of the suitcase. On the telescoping handle side, I maximize the shallow wells with underwear, socks, or sleepwear.



Always bring exercise clothes when I travel

Lay clothes flat

Layering the clothes and utilizing every single space on my suitcase is the goal. I don't roll my clothes, but flatten them out so they aren't as wrinkled when I get to my destination. Or better yet, fabulous fabrics are available that don't wrinkle or require ironing.



Weekend t-shirt by J. Crew

Turning the clothes different ways allows me to maximize the depth of the bag. While packing, I constantly feel for dead space that I can use and fit items accordingly.



Clothes goes on one side and shoes, toiletries, makeup go on the other. If I need to put shoes on the clothing side, I insert them into protective bags. The Ziploc bag in the above photo holds my portable electric toothbrush. Utilize the inside of shoes for smaller items like socks, small pill bottles, or underwear.



My bras fit perfectly into the corners of the suitcase and therefore are not crushed upon arrival.



The Rimowa has flex dividers that can be adapted to your needs and helps keep the items in perfect order during transit. With a zippered pouch on each, it is the perfect place to put dirty laundry or easy access items.

Keep essentials nearby



Keep a jacket handy if you are heading to cooler temperatures
If I am traveling to a cooler climate, I generally pack a jacket last so all I have to do is reach in and grab it when I land.

Naturally, your clothing selection will be based on climate and activities. With a few good basic pieces, you can create multiple outfits, yet never appear as if you are wearing the same clothes. Having a washer/dryer handy at your destination helps too!

What I wear on the Plane



Chico's vest, pants, blouse; shoes from Paul Green

I no longer wear anything open-toed after a recent flight from Orlando to Hartford. Unfortunately the woman sitting across the aisle from me got violently sick and didn't know about the barf bag in everyone's seat pocket. She literally pulled down her mask and emptied the contents of her stomach in the aisle. I think you get the picture. My first stop getting off the plane was the ladies room, where I had to wash my feet and sandals.

The other item I will never wear on a plane is white pants. Back in the day when the seats were fabric, someone had spilled their cola on the previous flight. When I went to sit down, I could feel the beverage soaking into my backside. For the rest of the trip, until I could get somewhere to change, I looked like I was incontinent.



Same vest, same pants, different top (Nantucket trip)

So nice jeans, dark pants or an attractive legging is my go to on the bottom. A blouse or lightweight long sleeved t-shirt for the top. I will either wear a lightweight vest jacket or bring a shawl or scarf, as I find myself freezing on the plane. Items above: The sooo comfortable Chico's Brigitte Slim pant [here](#); Chico's reversible vest (similar) [here](#); Paul Green Hadley sneaker in black leather [here](#).

Unpacking and Cleaning



Ever since COVID, I do unpack my suitcase in the laundry room. There I can toss all dirty clothes directly into the washer. I also use disinfectant wipes to clean the entire suitcase, including the handles, zippers, exterior and wheels. It may be a bit of overkill, but it makes me feel better to put a clean suitcase away~ready for the next trip.

Other Packing Strategies



If you would like to see how others pack their bags, check out the following blog posts. It is surprising how everyone has a different packing style.

Annie from Most Lovely Things has a post on [**Carry-on Packing Tips You Need to Know before Your Next Trip**](#)

Cindy Hattersley writes about [How to Rock an Over 50 Travel Wardrobe](#)

Ashley from Modern Glam shows all her cute things she packs in a [Carry-on for a Week](#)

Mary Ann from Classic Casual Home is a lucky traveler going to Europe for two weeks. Here's her post on [her packing tips](#).



Hi Sugarplum!

Packing Checklists

Thanks for joining me today. Here are my checklists for packing if you would like to use them. I am trying to figure out how to include a print function on this post, but didn't understand how to do that. However, you can screen shot them and then print. Or email me at marycrz@cox.net and I can send you an email copy.

My friend, Chas from [Chas Crazy Creations](#) suggests this: keep the checklist in a plastic sheet protector and use a dry erase marker to check off the items as you pack them. Then wipe the sheet protector clean, leave it in your suitcase and use it again and again. Brilliant!



Reusable checklist!

Have a happy Wednesday!

Mary

Toiletries Checklist

- ☐ Face wash
 - ☐ Skin Care products
 - ☐ Sunscreen
 - ☐ headband
 - ☐ Q-tips
 - ☐ Body Moisturizer
 - ☐ Razor
 - ☐ Body wash
 - ☐ Shampoo
 - ☐ Conditioner
 - ☐ Hair gel
 - ☐ Hair Spray
 - ☐ Nail Clippers
 - ☐ Tweezers
 - ☐ Eye Drops
 - ☐ Glasses/Contact Lenses
 - ☐ Deodorant
 - ☐ Fragrance
 - ☐ Toothpaste
 - ☐ Floss
 - ☐ Mouthwash
 - ☐ Tongue scraper
 - ☐ Mouth guard/cleansing tablets
 - ☐ Lip balm
 - ☐ Hairbrushes/comb
 - ☐ Band-Aids
 - ☐ Medications/Supplements
- Optional: travel blow dryer

Makeup Checklist

- ☐ Primer
- ☐ Foundation
 - ☐ Blush
 - ☐ Powder
- ☐ Eyelash conditioner
 - ☐ Mascara
- ☐ Eye shadow/pencils
 - ☐ makeup brushes
 - ☐ Concealer
 - ☐ Eye drops
- ☐ Makeup sponges
 - ☐ Lip liner
 - ☐ 2 lipsticks
- ☐ small sharpener

