



[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.

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.