

Carry-On Luggage Tips for Airline Passengers



Whenever possible, avoid checking any luggage and travel with just a carry-on bag. This reduces the risk of having to deal with any lost luggage.

- **3-1-1** – Remember the “3-1-1” when packing your carry-on luggage.
 - **3.4 oz** or smaller containers of liquid or gel is allowed – More than 3.4 ounces will have to be in your checked luggage.
 - **1 quart-size**, clear plastic, zip-top bag holding your 3 ounce or smaller containers.
 - **1 bag** per traveler, placed in the security bin.

Most airlines will allow you one carry-on per person and one additional personal item (such as a purse, briefcase, or diaper bag that fits under the seat in front of you).

- At no time should you check your CPAP machine or any required medication, identification, wallet, or car keys. A few airlines consider CPAP machines as your personal item. Check with your airline to see what their rules are for your CPAP machine or other medical equipment or medicine.
- You may also want to bring an extension cord for your CPAP machine.
- The size and weight of your carry-on depends on the airline you are flying. Please check directly with the airline for exact specifications.

What can and should I pack in my carry-on Luggage?

- Pack necessary chargers for any electronic devices.
- Bring all necessary medications with you. Bring some extra than what you will need in case any unforeseen circumstances happen, such as delays coming home.
 - If traveling internationally, check with the country you are traveling to see if certain medications are allowed. Some medications are considered criminal in certain countries.
- Keep all valuable items with you – Passport, car keys, driver’s license, electronics, and jewelry.
- Put your contact information both on the outside and inside of your carry-on bag and checked luggage.
- Prepare to deal with lost luggage – Not only pack your medication in your carry-on, but also pack toiletries (see 3-1-1 rules) and a change of clothes in case your checked luggage is delayed.
- Prescription liquid medications, diabetic glucose treatments, baby formula, and baby food in excess of 3.4 oz are allowed in your carry-on. You must declare to the TSA agent at the security checkpoint.
- Do not pack any hazardous goods. TSA.GOV has a complete list of prohibited items.

Check www.tsa.gov or contact your airline if you have questions.

Checked Luggage Tips for Airline Passengers



- **Traveling with more than one person?** If both of you are checking a bag, put a change of clothes in your traveling companion's checked bag. You'll have something else to wear in case your luggage does not make it to your final destination.
- Put your **contact information (name and phone number)** both inside and outside of your checked and carry-on bags.
- **Customize the look of your bag** to make it easy to identify. Bright tassels or luggage tags are great ways to customize your bag.
- Make sure your airline tag has your **correct destination** on it. This will help prevent any lost luggage.
- **Keep the stub** from your checked luggage. This is a critical piece of information in case your bag is lost or stolen.
- Immediately report any **lost luggage**. Do this **PRIOR** to leaving the airport.
- **Do not pack any hazardous items**. TSA.GOV has a complete list of items that are prohibited.
- **The weight of your bag**. Check with your airline for their maximum weight allowance. Do this to avoid extra fees or having to take things out of your bags at check-in.
- **The size of your checked bag**. Check with your airline for the size allowance of your checked luggage.