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Generally considered exempted medication **Subject to change** <i>Pack these items together</i>	Part of your 3-1-1 allowance	Check regulations before packing in your carry-on

<u>TOILETRIES</u>
Feminine hygiene products
Body soap, solid
Shampoo & conditioner (if needed), solid
Sunscreen ▲
Antiperspirant ▲
Toothbrush & toothpaste ▲
Comb/Hair brush
Dental floss
Small towel/Face cloth
Lip balm ▲
Hand sanitizer (50-60 ml)▲
Contact lenses solution & case §
Glasses/Reading glasses & case
Body moisturizer, solid
Face cleaner & moisturizer, solid

<u>LAUNDRY KIT</u>
Clothesline
Laundry pods/Soap bar
Universal sink plug

<u>FIRST-AID KIT</u>
Hydrocortisone §
Tiger Balm §
Ibuprofene/Acetaminophene or Equivalent
Band-aids
Sterile eye drops §
Water treatment tablets
Lozenges
Prescription meds in original packaging §
Over the counter meds in original packaging §
Tweezers ■
Oral re-hydration salts
Scissors ■