



LONG FLIGHT ESSENTIALS

Mardi Linke - Linke Lifestyle



Everything I pack for health, comfort and entertainment during a long haul flight!

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Welcome

≡Welcome≡

Welcome to Linke Lifestyle! I'm Mardi Linke together with my husband Michael, we're putting our years of travel experience to good use helping others to make their travel more enjoyable. Check out our YouTube channel for more tips!

Linke Lifestyle on YouTube

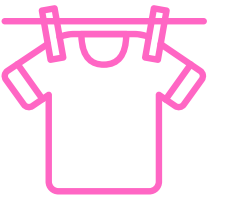


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Read on for a complete list of everything I take onboard a long flight to maximise my health, comfort and entertainment so the flight just (advance apologies for the pun) flies by!



Clothes



My travel outfit is merino wool leggings and long sleeved t-shirt, cashmere cardigan, serape (cross between a scarf and a cape), loose fitting lightweight dress, no show socks and sneakers.

In a warm climate I wear the dress, socks and sneakers and add the other items on as layers when I need them.



- Merino wool leggings
- Merino wool long sleeved t-shirt
- Cashmere cardigan
- Serape
- Loose comfy tracky pants
- Oversize t-shirt
- Winter coat
- Gloves
- Thongs or hotel slippers



Clothes



Health and comfort



This is mainly medications “just in case”. I also have my prescription medication, packed in a contact lens case.



- Prescription medication (in a contact lens case)
- Paracetamol (acetaminophen)
- Ibuprofen
- Zyrtec
- Nasal decongestant spray
- Antacid tablets
- Saline nasal spray for dry sinuses
- Tissues
- Hydralyte hydration supplement
- Melatonin gummies
- Tylenol PM
- Toothbrush
- Toothpaste
- Compression socks
- Sanitiser wipes
- Deodorant wipes



Health and comfort



Skincare



I love to do a night time and morning skincare routine on long haul flights. It's really important to keep the hydration up to offset the dry cabin air. Number one beauty tip - always use sunscreen during the day, even on a plane!



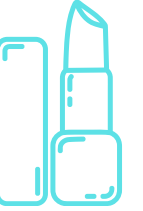
- Scrunchie
- Handheld mirror
- Makeup removing oil wipe
- Cleansing wipes
- Hydrating mist
- Eye cream
- Hydration mask
- Moisturiser
- Hand cream
- Lip balm
- Hydrating serum
- Facial oil
- Facial sunscreen
- SPF lip balm
- Hand and body sunscreen



Skincare



Makeup



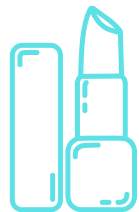
I don't go overboard on the makeup, I just like to put a bit on so I feel and look semi-human after a long flight. I avoid powder products, except for blush, and I don't risk jabbing myself in the eye with a liner pencil in case of turbulence!



- Tinted moisturiser
- Blush
- Retractable fluffy brush
- Eyebrow pencil
- Eyebrow gel
- Eyeshadow crayon
- Mascara
- Subtle lipstick
- Perfume rollerball
- Travel size hairbrush



Makeup



Tech



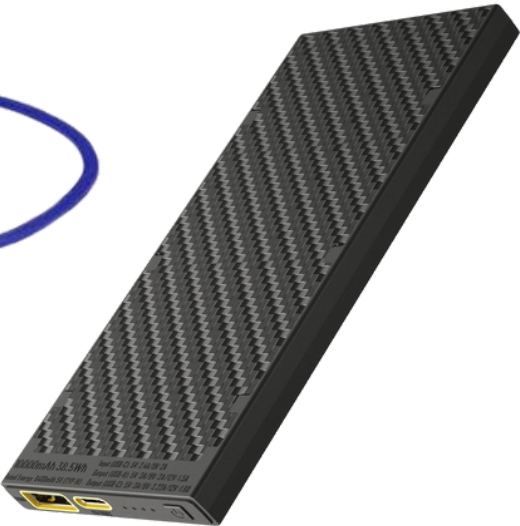
There's no way I'd get on a long-haul flight without my iPad and my noise cancelling headphones. Tech is definitely an essential and to support it you need to be able to charge it.



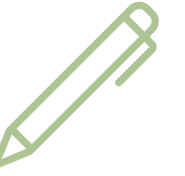
- iPad
- iPhone
- Air Pods
- Air Pods neck cord
- Bose QuietComfort headphones
- Airfly
- Compact plug in charger
- USB C cables
- Apple Watch charger
- NiteCore NB10000 power bank
- USB A to USB C outlet converter
- MacBook Pro M2 14"



Tech



Miscellaneous essentials



I know, descriptive title, but these are the things that don't really fit into another category but I find invaluable during a long flight!



- Nail file
- Glasses cleaning cloth
- Pen
- Jewellery pouch

- Handheld fan
- Passport
- Wallet



Miscellaneous essentials



Packing it all



Packing it is the fun part – six categories need to go into four organisation bags... so what are these bags? First, my personal item:



My rollaboard suitcase is an Away “The Carryon” (in pink)



For my personal item I use the TomToc 9L sling in limited space seats, or in seats with more storage I choose between the Nomad Lane Bento or my old Timbuk2 Messenger



Keep reading to find out how I organise within these bags...



Packing it all



If I select the Nomad Lane Bento or the Timbuk2 Messenger I use four or five smaller bags to organise my in flight gear.



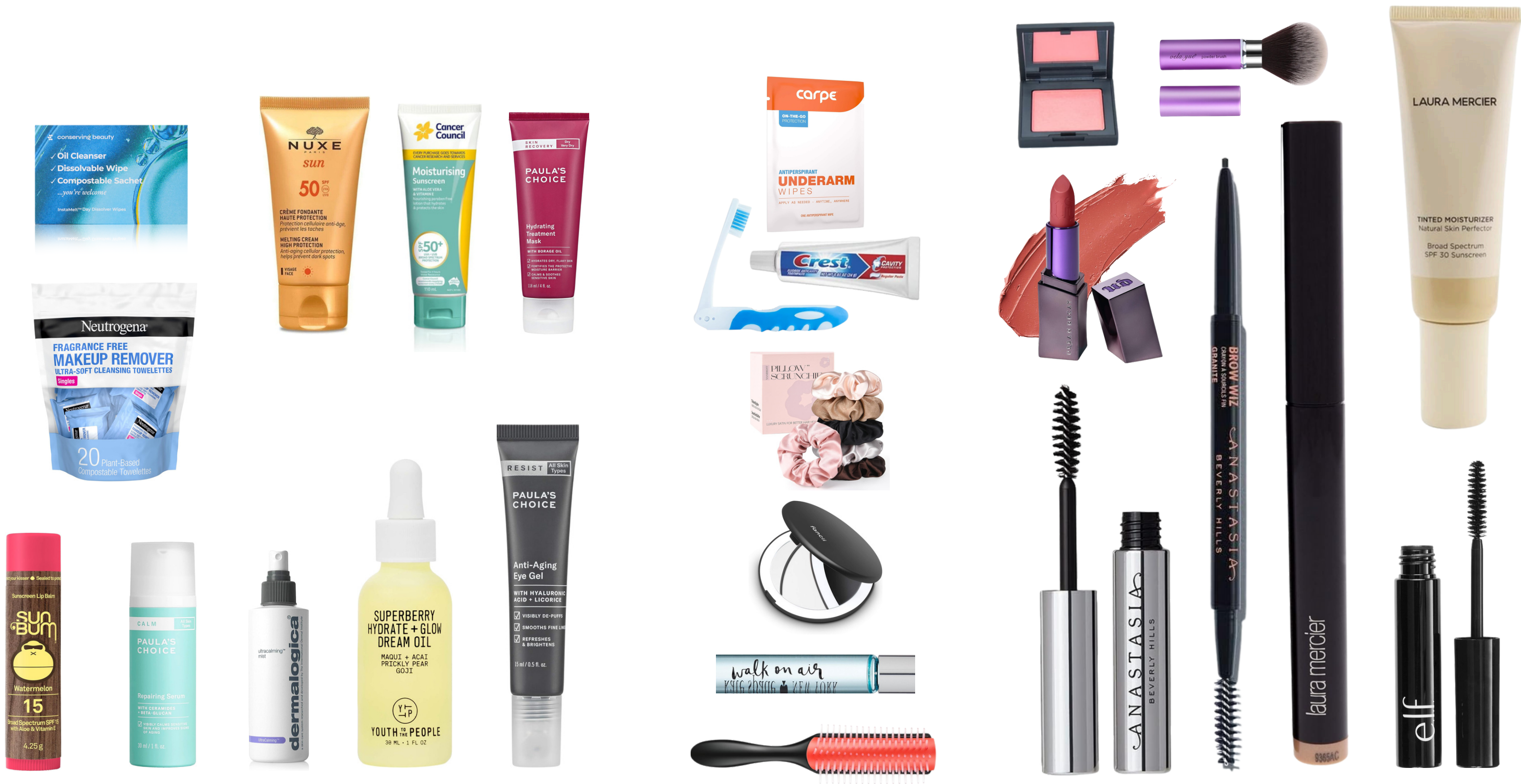
I use one or two packing cubes, depending on whether I take my winter coat and gloves.

Thongs (shoes not underwear!!) or slippers go in a shoe bag first.



Packing it all

Bag number two is a liquids bag with a huge array of items!



Packing it all



And finally there's the tech bag! Mine is a hot pink Alpaka Elements Tech Case Max – the one linked here is NOT the max!



Packing it all



There's just a few things left over, which go straight into a pocket in my personal item.



Storing it all



There's just one thing left to do - unpack and store it between trips!

There are four “places” things go:

EVERYDAY USAGE

Everyday use - items like makeup, my iPad, Air Pods, headphones, clothes and power bank all go into everyday circulation

TECH BAG

Other tech items stay in the Alpaka Tech Case, which goes into a large box of assorted travel bags and pouches for toiletries and the like.

TRAVEL TOOLS

Travel tools - mirror, hairbrush, scrunchie etc. - go into a designated travel tools basket, along with all my other travel tools, such as my heated hair drying brush with the lower voltage used in the USA.

CONSUMABLES

Consumables - skincare, makeup, medications - are checked to see if they are getting low or close to expiry, and if so they go into everyday usage. The rest go into my travel consumables stash, in a drawstring bag. This bag goes in the Travel Tools basket.



Bon Voyage!

BON VOYAGE

I hope this has been useful for you. I love being organised and I love sharing that organisation with other people. Please let me know what your favourite thing I've shared in here is.

If you have learned something from this I'd love it if you'd buy me a hot chocolate at Ko-Fi: 

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