

Carry-On Packing Checklist to Stay TSA-Ready

Travel Smart, Pack Light, Breeze Through Security

From Smart Discoveries

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Your Carry-On Toiletries Checklist

Stay TSA-compliant and travel stress-free with this printable checklist. Follow the TSA 3-1-1 rule, switch to solid toiletries, and keep your essentials organized.

TSA 3-1-1 Rule Reminder

- Liquids in containers of **3.4 oz (100ml)** or less
- All containers in **1 quart-sized clear zip bag**
- **1 bag per passenger** in carry-on luggage

Checklist: Packing Your TSA-Approved Toiletry Bag

- ☐ **Follow the TSA 3-1-1 rule** for all liquids, gels, and aerosols
- ☐ **Switch to solid toiletries** where possible (e.g., shampoo bar, toothpaste tablets)
- ☐ **Use TSA-approved refillable minis** for liquids (3.4 oz or less)
- ☐ **Keep liquids bag accessible** at the top of your carry-on
- ☐ **Label all containers** to avoid security confusion
- ☐ **Pack essentials:** Lip balm, dental floss, cotton pads

Smart Solid Toiletry Swaps

Switch to these TSA-safe solids to save space and skip the liquids bag:

Liquid Version	Solid Alternative
Shampoo	Solid shampoo bar
Conditioner	Solid conditioner bar
Toothpaste	Toothpaste tablets
Body Wash	Soap bar or solid cleanser
Deodorant	Stick or crystal deodorant
Sunscreen	Mineral sunscreen stick
Perfume	Solid perfume balm
Makeup Remover	Cleansing balm or wipes

Sample TSA 3-1-1 Bag

Pack these in your quart-sized clear zip bag:

- Mini face serum (15ml)
- Liquid BB cream or concealer
- Mascara

- Roll-on perfume
- Toothpaste (or tablets)
- Contact lens solution
- Mini sunscreen (if no stick)

Pro Packing Tips

- **Prioritize solids** for basics to free up bag space
- **Refill containers** before your return flight
- **Buy liquids locally** at your destination
- **Label everything** for quick security checks

Travel Smart with Smart Discoveries

This checklist is your key to stress-free travel. For more tips, destination guides, and smart shopping ideas, visit smartdiscoverieshub.blog. Happy travels!