



Suddenly Seventy

Know Before You Go: Baggage Cheat Sheet

(Avoid Fees, Fines, and Flailing at the Counter)

Carry-On Rules Vary – Know Before You Go:

U.S. Domestic: One carry-on + one personal item. Check size limits (typically 22” x 14” x 9”). Is it free? Check with your airline.

International: Varies widely. Some airlines only allow *one* item total, and charge for overhead bags.

Personal items: Purses, briefcases, laptop bags, and small backpacks count. Pack smart. Personal Item Size (example: purse/laptop bag): - Inches: 16 x 12 x 6, - Centimeters: 40 x 30 x 15



Checked Bags:

Fees: Budget airlines often charge for *everything*. Check both departure and return flight policies.

Weight limits: Usually 50 lbs (23 kg). Overweight bags cost more than your hotel.

Connections? If you’re switching airlines mid-trip, check **all** policies — not just the first one.

What to Pack – and What to Skip:

-  Pack:
 - Compression socks, natural fiber layers, travel shawl or scarf
 - Snacks (solid, not spreadable), refillable water bottle
 - Copies of ID and meds list
-  Skip:
 - Hard-to-fold coats, multiple pairs of shoes, anything “just in case”
 - Irreplaceable Items– carry those with you
 - Weapons, tools, large liquids, novelty lighters

Bonus Tips:

- **Use TSA-approved locks** so your bags can be opened (not destroyed) if checked.
- **Photograph your bag** (both open and closed) and its contents before checking, just in case.
- **New favorite gear?** Try a fold-down duffel that zips flat, fits TSA specs, and protects delicate items.
- **Buy a travel luggage scale**, and check your luggage weight going in both directions.
- **Use compressible packing cubes.** They won't reduce the weight, but will help cram more into your suitcase.
- Wear your heaviest items, like coats and sweaters
- Bring an extra foldable tote, but keep in mind that weight limits apply when you return home too.
