

Printable TSA Carry-On Checklist

A one-page airport security checklist for U.S. domestic flights: what belongs in your **quart bag**, what must stay in your carry-on, what has to be checked, and what is never allowed in either bag. Print it or save it as a PDF and run through it before you leave for the airport.

Liquids: your quart bag

Every container 3.4 oz (100 ml) or less, all fitting in one quart-sized clear bag, one bag per passenger — the 3-1-1 rule.

- ☐ Shampoo, conditioner, and body wash in travel sizes
- ☐ Toothpaste (a paste, so it counts as a liquid)
- ☐ Gel, spray, or roll-on deodorant (solid stick does not count)
- ☐ Sunscreen, lotion, and moisturizer
- ☐ Liquid makeup, mascara, and nail polish
- ☐ Perfume and cologne
- ☐ Hand sanitizer up to 3.4 oz for the quart bag
- ☐ Contact lens solution (larger sizes allowed — declare it)

Exempt from the quart bag — declare at the checkpoint

These may exceed 3.4 oz in your carry-on. Take them out of your bag and tell the officer before screening.

- ☐ Prescription and over-the-counter medications, liquid or pill form
- ☐ Breast milk, infant formula, and baby food (child does not need to be present)
- ☐ Ice packs and cooling gel for medical or milk storage
- ☐ Liquid nutrition or supplements needed in flight
- ☐ Contact lens and saline solution in medically necessary amounts

Carry-on only — never in a checked bag

Lithium battery and fire-risk rules push these into the cabin.

- ☐ Power banks and spare lithium batteries (under 100 Wh)
- ☐ E-cigarettes, vape pens, and vape batteries
- ☐ Loose lithium coin cells and camera batteries in a case
- ☐ Laptops, tablets, and cameras with lithium batteries (best kept with you)
- ☐ Cash, passports, keys, and anything you cannot replace

Checked bag only — not through the checkpoint

Allowed on the aircraft, but not past security.

- ☐ Full-size liquids over 3.4 oz
- ☐ Pocket knives, multi-tools with blades, and razor blades
- ☐ Scissors with blades longer than 4 inches
- ☐ Tools longer than 7 inches — wrenches, pliers, screwdrivers, drills
- ☐ Baseball bats, golf clubs, hiking poles, and tennis rackets
- ☐ Alcohol between 24% and 70% ABV, up to 5 liters
- ☐ Corkscrews with a blade and large kitchen knives

Never allowed in either bag

- ☐ Fireworks, flares, and sparklers
- ☐ Gasoline, camp stove fuel, and lighter fluid
- ☐ Strike-anywhere matches
- ☐ Spray paint and other flammable aerosols
- ☐ Bear spray and self-defense sprays over 4 oz
- ☐ Realistic replica weapons and replica explosives
- ☐ Alcohol above 70% ABV

Checkpoint walk-through

- ☐ Quart bag out of your carry-on and into a bin
- ☐ Laptop and large electronics out in a separate bin (not required in PreCheck lanes)
- ☐ Jacket, belt, and shoes off as directed
- ☐ Empty your water bottle before the line — fill it after
- ☐ Medications and milk declared to the officer
- ☐ Nothing left in your pockets, including receipts and coins

Before you leave the house

- ☐ Check the one or two questionable items you are unsure about
- ☐ Weigh liquids against the quart bag — if it does not zip, it does not fly
- ☐ Move anything sharp or over 7 inches into the checked bag
- ☐ Confirm spare batteries are in the bag going in the cabin
- ☐ Photograph your packed bag contents in case of a claim

Checklist last reviewed 2026-08-22. Summarized for clarity from published TSA guidance — officers have final discretion at the checkpoint. Full details for any single item are on [FlightScreening.com](https://www.flightscreening.com).