



## RESTRICTIONS FOR HAND LUGGAGE

Wherever possible you should pack liquids in your hold baggage, as there are restrictions on the amount you can take in your hand baggage.

### Liquids include:

- all drinks, including water, soup and syrups
- cosmetics and toiletries, including creams, lotions, oils, perfumes, mascara and lipsticks
- sprays, including shaving foam, hairspray and spray deodorants
- pastes, including toothpaste
- gels, including hair and shower gel
- contact lens solution
- any other solutions and items of similar consistency

If you need certain liquids during the flight, you can take them into the cabin in limited quantities as follows:

- containers must hold no more than 100ml
- containers must be carried in a single, transparent, re-sealable plastic bag, which holds no more than a litre and measures approximately 20cm x 20cm
- contents must fit comfortably inside the bag so it can be sealed
- the bag must not be knotted or tied at the top
- each passenger can carry only one of these bags
- the bag must be presented for examination at the airport security point

Containers larger than 100ml (excluding essential medicines) will not be allowed through the security point even if they are only part full.

### Essential medicines, including inhalers and liquid dietary foodstuffs

You are allowed to carry essential medicines of more than 100ml in your hand baggage, but you will need:

- prior approval from the airline and departure airport
- supporting documentation from a relevant qualified medical professional (eg a letter from your doctor or prescription)

Remember to take only what you need for your journey. Extra supplies and larger containers of medicine can go in your hold baggage.

### Baby food and baby milk

You are allowed to take baby food, baby milk and sterilized water in your hand baggage. This includes:

- soya milk for babies
- sterilized water for the baby (must be in a baby bottle)
- formula, breast milk or cow milk specifically for babies
- baby food of various consistencies

You are allowed to take enough for the journey. In some cases this may be over 100ml. The adult carrying the baby food or milk may be asked to verify it by tasting.

### Liquids bought at the airport

You can take into the aircraft cabin any liquids you buy after passing through security, as these items go through a separate screening process. This includes bottled water, wines and spirits and fragrances and cosmetics of any size.