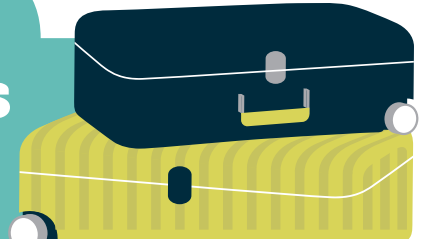


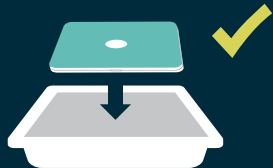


# How to Properly Pack Your Bags

## What can I bring in my carry-on bag?



**Small electronics**  
Smartphone, tablet, e-reader and camera.



**Laptop computer**  
Unpack it and place it in the bin at the checkpoint.



**Metal items**  
Put coins, keys, watches and large jewellery in your carry-on **to avoid setting off the walk-through metal detector alarm.**



**Personal items**  
Disposable razors, tweezers, nail clippers, knitting needles are all permitted in your carry-on.



Pocket knives and similar sharp items must go in checked baggage or be left at home.

The **100 ml** Rule

**Liquids, aerosols and gels** such as personal toiletries and some food items can go in carry-on if:

- Containers are 100 ml or less
- All fit in one 1 L clear, resealable plastic bag



Be ready to place your single 1 L bag in the bin for inspection.

**Certain items are exempt from the 100 ml limit.**

**Exceptions to the 100 ml Rule**



Baby Food/Drink



Breast Milk



Liquids for Diabetics



Medication

You can have more than 100 ml of these items but be ready to show them to the screening officer for inspection.

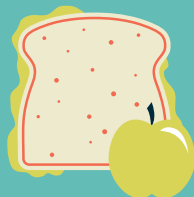
Bottled water, coffee and other beverages **are not permitted** through security. Instead, plan to:

- Bring an empty reusable container
- Get a beverage once past security



## Permitted Food

Solid food items such as sandwiches, fruit and granola bars are permitted in carry-on when travelling within Canada.



## Unpermitted Food

All non-solid foods over 100 ml, including jellied, mashed and puréed foods or those mixed in a sauce must go in checked baggage. Examples include: jams, honey, peanut butter, smoothies and stews.



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