EXCESS BAGGAGE

Exercise shoes. I ran the London marathon using a treadmill while on the ISS

Special gifts which I brought back to Earth and am planning to give to my sons on their 18th birthdays

> Helen Sharman's lent me her copy of Yuri Gagarin's book 'Road to the Stars' which I signed while in space

Greetings, space explorers, Tim Peake checking in. Here is everything I packed in my luggage when I travelled to the ISS. What are you packing on your journey to Mars?

A sickbag
just in case
the nausea
got too much
during the
journey

