We consider general linear kinetic equations combining transport with external potential force, linear collision operator on the kinetic variable, boundary conditions, and allowing thermalisation degeneracy on part of the spatial domain. The linear collision operators considered include the linear Boltzmann and Fokker-Planck operators and the boundary conditions include specular, diffusive and Maxwell conditions. We prove quantitative estimates of relaxation to equilibrium (spectral gap) under a \emph{transport control condition} generalising previous geometric control conditions. The argument is new and rely entirely on trajectories and weighted functional inequalities on the divergence operators, that are of independent interest and imply quantitatively weighted Stokes and Korn inequalities.