

# Find Your Inner Packing Zen



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## BEFORE YOU BEGIN

- 1. Mark your luggage** in as many places as possible. Put address in U.S. as well as home and cell phone.
- 2. Luggage cannot be more than 50 lbs** per bag without an excess bag charge (pretty expensive).
- 3. Less is better.** Remember you will be carrying this luggage on trains with small luggage storage areas, subways, buses and small rental car storage areas.
- 4. Be prepared to have to check larger items** on flights, even if you are carrying on all your luggage. Sometimes overhead bins get full or the airline will have a weight requirement.
- 5. Make sure you have a small overnight bag** (personal item) for the airplane. This should have any valuables (jewelry, cameras, money etc), medication, essential toiletries, a change of clothing and a couple underwear changes.
- 6. Make copies of your passport picture page and credit cards** (front and back) and keep them in a place separate from your originals.
- 7. All liquids and gels carried on the flight must fit in a quart size, zip lock bag** and each container must be less than 3.5 oz. Place this bag in an easy place to grab and put in the plastic bin when you go through security. They are less likely to search luggage if you do this.
- 8. Anticipate TSA searching your luggage.**
- 9. Mark your suitcase distinctly** with a bright ribbon or something that will set it apart.
- 10. If traveling with a partner split luggage** in half so if one's luggage gets lost they have some clothing.

## ITEMS TO PACK FOR EUROPE

- Passport
- Electrical appliance adapter
- Extra batteries memory sticks for cameras (very expensive to purchase in Europe)
- Student IDs (for museum discounts)
- Umbrella

## SAVING SPACE:

- 1. Color coordinate clothing** for maximum utility. I usually chose blacks or tans as base color and then work around that. Women can dress a bland, neutral wardrobe by accessorizing small easy to pack items with scarves, jewelry or belts.
- 2. Keep shoe choices neutral.** I will usually wear a comfortable pair of sneakers on the airplane, have a good pair of walking, nicer shoes for the city and if I am going to fancy dinners, a pair of low heal sandals.
- 3. A good waterproof jacket** is a must for Europe. I wear mine on while traveling so I don't have to pack it.
- 4. Don't be afraid to wear things 2 or 3 times.**
- 5. For maximum space consider packing like items in 2.5 gallon zip lock bags.** When bags are full squeeze the air out before you zip. Take extra bags for dirty clothes. (I also like to put a dryer sheet inside the clean clothes back to keep clothes fresh). Rolling clothes also helps to save space in the bags, but only for items that don't wrinkle easily.
- 6. Pack smaller items like socks inside shoes.**
- 7. Put shoes inside old socks** to keep the rest of your clothes clean.
- 8. Dresses can be kept free of wrinkles** by hanging them in a plastic garment bag (like you get at the drycleaners), then folded in half and put on top.
- 9. Dry clean nicer pants and get medium starch.** They stay wrinkle free longer.
- 10. Take a collapsible duffle bag** at the bottom of your suitcase if you plan on purchasing souvenirs. You can check your large suitcase in on your return and carry the duffle on.
- 11. Purchase trial size or small containers for personal items** like shampoo, hair gel, lotion etc. Most stores like Target and Walmart have a travel section.
- 12. Carry a small container of Woolite or liquid laundry detergent** for washing out underwear, socks or other items in hotel sinks.

HAPPY TRAVELS!