



Packing smart - the secrets are simple!

7 Ingenious Strategies On How To Travel Light

#1 Traveling for 2-3 weeks? Pack for one week.

Whether you are traveling for one week or three, pack for one week. Do you remember what you wore last week? Neither will anyone else. Bring 3 tops for every bottom, choose your shoes wisely (max three – preferably two) and follow strategy #3. And stick with the approved carry-on size bag dimensions: 22 by 14 by 9 inches.

#2 Wear your items multiple times.

Trust me, you can wear pants, skirts and shorts multiple times before they need to be laundered. The same goes for tops, unless you are in a very humid climate. The general rule is wear each item 3-4 times. Don't wear the same item several days in a row; hang them up to allow the fabric to breath. Wearing layers also extends the number of times you can wear tops.

#3 Coordinate Your Colors

Choose one basic color scheme and make sure every item can be mixed and matched. Keep bold colors, stripes and patterns to a minimum, preferably to accessories. Black and navy are good base colors. Every item should coordinate with each other. Bring pieces, not outfits.

#4 Think travel friendly, wrinkle repelling fabrics

Invest in some good travel clothing. Look for wrinkle resistant, quick drying fabrics. Microfiber and blends like cotton/nylon are good options. Avoid 100% cotton. Cotton wrinkles easily and does not dry very quickly. When possible, take lightweight pants. Light wool, ultralight down or fleece vests and jackets are good options for winter trips.

#5 Think “multi-use” clothing items

Invest in a few “multi-use” pieces, e.g. zip off pants or convertible jackets. While not always the most fashionable, they are quite practical. Pants can be turned into shorts and/or capris, and jackets can be converted into a vest by zipping off the arms.

#6 Wear your bulkiest items on the plane

Wear your bulkiest shoes and clothing on the plane so as not to take up precious room in your luggage. Wear or carry your jackets.

#7 Do Some Laundry

For travel longer than 10 days, resign yourself to doing some laundry. Bring clothes that can be easily laundered. Prepare for a few emergencies by bringing Downy Wrinkle Releaser and a stain remover product. Febreeze work's well on gently worn clothing to freshen them up a bit. Doing laundry is cheaper than checking a bag and you don't have the extra weight to carry.



PACKING SMART CHECK LIST

- **Pack for one week**
- **Wear pieces multiple times**
- **Expect to do some laundry**
- **Coordinate your colors**
- **Think layers**
- **Think travel friendly fabrics**
- **Think multi-use clothing items**
- **Choose shoes wisely**
- **Wear bulkiest items**

Pack documentation, passport, money, credit cards, phone, camera, toiletries, medications, guidebooks, electronics, valuables and any essentials that will make your flight more comfortable in your personal carry-on (important if you have to check your luggage).

- Pants (2-3)
- Shorts / Capris (1)
- Skirt / dress (optional)
- Shirts (4-6 mix of Short / long sleeves)
- Shoes (2-3, inc. good walking shoes)
- Sleep/loungewear (1)
- Light rain jacket (optional)
- Light sweater / cardigan / fleece
- Lightweight coat (optional)
- Underwear (5-6)
- Bra / support cami (1-2)
- Socks (4-5)
- Swim suit (optional)
- Tie / scarf / jewelry
- Travel sized toiletries
- Cosmetics (limit to what you really need)
- Feminine products
- Medications / Vitamins
- Contacts /Glasses / Sunglasses
- Travel size laundry soap
- Shout / Tide wipes (spot remover)
- Sewing kit
- First aid kit
- Travel alarm
- Clothesline
- Plastic bags (for shoes, laundry, etc.)
- Sealable plastic baggies

- Passport / (international) drivers license
- Documents (tickets, vouchers, itinerary, copy of passport and CC, incurance)
- Addresses / membership cards
- Money / Credit card
- Money belt / neck wallet
- Smartphone / digital camera
- Maps / guidebooks
- Pen / small pad of paper
- Small day pack
- Small pack of tissues
- USB flash drive
- Chargers /batteries

Optional Items

- Converter plugs
- Travel hair dryer / curling iron
- Computer
- E-reader / music / a good book
- (Noise cancelling) Ear buds / headphones
- Earplugs
- TSA approved locks
- Water bottle
- Extra tote bag
- Duct tape
- GPS
- Gifts for hosts



BONUS TIPS

- **How to pack – Rolling versus Folding**

Some people swear by the rolling technique, others by the layering technique or using packing cubes and compression bags. Personally, I prefer the layering technique and using compression bags or cubes.

- If you roll a portion of your clothes, roll softer pieces and fold stiffer ones. Place the rolled pieces at the bottom of the suitcase.
- For the layering technique, lay unfolded garments on top of each other, alternating waists and hems. Start with a pair of pants, positioning the waist flush with the top edge of the suitcase, draping the legs over the other end. Place the second pair of pants in the opposite direction, then fold the legs of the first pair over the second pair pants. Add a third pair of pants or skirt in the same method, folding the legs of the second pair over the third. Next, lay collars of shorter items, like shirts, at the hinge with the ends over the handles. Fold the collars and ends over once and fold the arms in. Add a second shirt starting in the opposite direction.

- **Pack it cubes / compression bags**

- Compression bags can take out as much as 70-80% of the volume, but be careful – they are not wrinkle friendly. Placing fabric softener sheets in between clothing items helps.
- If my trip includes a number of stops, I'll use cubes for easy access and staying organized. It helps prevent my bag from looking like a volcano exploded!

- **Use garbage or dry-cleaning bags to fight wrinkles**

Line the bottom of your luggage with a garbage bag. After you have packed, add another garbage bag on the top. Or place a bag between different layers (e.g. between pants and shirts). The slick surface of the bags keeps the creases at a minimum.

- **Maximize all nooks and crannies**

Stuff shoes with socks or a hair brush, place belts around the perimeter, place underwear in the molded cups of bras. Tuck inexpensive jewelry in the side pockets (wear expensive jewelry).

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