

ABCs of Traveling & Packing



General Packing List for Adults:

Clothes:

- Activewear
- Dressy Outfit
- Jacket
- Jewelry/watch
- Pajamas
- Pants
- Underwear/bras
- Shirts
- Shoes/sandals
- Shorts
- Socks
- Swimming suit

Toiletries:

- Blowdryer/curling iron

- Body soap
- Chargers
- Contacts/glasses
- Deodorant
- Facewash
- Feminine hygiene products
- Hairbrush
- Hairspray/mousse/gel
- Hand sanitizer
- Lotion
- Makeup
- Medications
- Razor
- Shampoo/conditioner
- Sunscreen
- Toothpaste/brush

Always bring an extra set of clothes in case of emergency or change of plans.

Tips for flying:

Weigh your luggage before you fly and pack for a few pounds under the max weight. Airport scales always seem to vary. Easiest way is to buy an inexpensive luggage scale, or weigh yourself, then weigh yourself with the bag, and subtract.

Wear slip on shoes, so that going through security is less cumbersome.

At security, put your shoes first on the conveyor belt, so they are the first to come out and can slip right back on your feet before messing with your bags.

It's always beneficial to check-in online 24 hours ahead of time even if you have to check luggage. (set a reminder!) Often times, airlines have different lines if you already have your boarding pass.

Window seats are the coldest place to sit. The back row and the rows in front of the exit rows, do not recline.

If you fear the stranger next to you will be chatty and you want your privacy, keep your headphones in even if you aren't listening to music.

Bring an empty water bottle and fill it at the drinking fountain once you're through security.

Use travel size hair products. It's worth the few extra dollars to buy. Less chance they will explode in your bag, and saves weight/space.

Put all liquids in plastic bags. Seems obvious, but for the novice traveler, it takes one time of shampoo exploding on all your clothes to learn it's necessary.

Especially when flying internationally, be sure to carry on toothbrush/paste and an extra set of clothes. You'll be prepared if you're luggage is lost/delayed.

Most hotels have complimentary blowdryers, shampoo, and conditioner. Verify before you leave because this can save a lot of space (and weight) in your suitcase.

A bag on wheels is a must these days.

Bring a plastic bag to put your dirty clothes in. Makes unpacking a lot easier.

Put your flight confirmation number in your calendar so you aren't scrambling for it last minute or at the ticket counter.

Compare airline prices on sites like: Kayak, Expedia, Orbitz, Travelocity, Cheaptickets. Watch for hidden fees, because some charge a 3rd party rate. I recommend searching through one of these sites to compare prices, but then go to the airline's direct website to see if they offer the same deal. Often times they do, and then book directly through the airline's site for better customer service throughout your trip.

Drinking a lot of water helps with jetlag. Also, try to get on the destination's schedule by sleeping/staying awake on the plane according to their timezone. It takes one day for each hour difference, so if you only have a 3 day trip to adjust, you could never get on the right schedule if you're not pro-active!

Melatonin is an over the counter natural sleeping aide. Helps with adjusting to time-change and long flights.

Travel-size Downey Wrinkle Releaser is a must! Don't leave home without it.

www.properplaceorganizing.com