



THE WANDERLUST GUIDES: TRAVEL PACKING LIKE A PRO

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Picture this. You return from a glorious trip with a phone full of memories, sore feet, and a satisfied grin guaranteed to annoy your coworkers for at least a week. Now picture the seven outfits and 3 pairs of shoes that never saw the light of day that made stuffing your great finds into your bag an adventure of its own. It's official – you're an Over Packer. The good news is you're not alone, and we're here to help. Peep this guide for tips of becoming the Marie Kondo of trip packing.

1. **Make a list.** Write or type a list of everything you need to take. Start with the essentials like medications and must-haves for your trip – like a bathing suit for a beach vacation.

2. **Pick the right suitcase for the job.** If you're going for just a few days, use a rolling carry-on. A week? Go up a size. Only use your largest case for trips lasting 2 or more weeks. With the growing extra costs for baggage pieces and weight, it's worth making sure you only go with what you need.

3. **Plan your outfits.** Rather than throwing every piece of season-appropriate clothing in, instead, plan per day and per activity while considering the weather forecast. Pick the best you've got to avoid packing multiple outfits for one occasion. Pack versatile pieces that serve for various occasions. While you're at it, try the outfits on in full. Stand in front of the mirror, shoes and all. That way you know for sure that one pair of mules fits all 3 of your dresses. If heading to cooler or changing climates, think light layers instead of multiple heavy pieces.

4. **Avoid full-sizes.** No, you don't need your full jar of serum. A few good mini travel bottles and containers to pour smaller amounts of your toiletry and hygiene favourites will do the trick. Pro tip – label them as you go.

5. **Edit.** Yup. Even with a list and planning your outfits per activity, you know you snuck in some extra stuff. Edit down one more time. Go on, we'll wait.

6. **How you pack is key.** While packing, roll, rather than fold, your clothing. It saves space and reduces wrinkles. Put shoes along the perimeter of your bag and stuff things like socks into them to help save space. Use packing cubes to help 'slim down' and organize your things. Bonus marks for including a plastic or Ziploc bag to keep your dirty items separate.

7. **Check baggage weight and size requirements** for your airline and aim for a few pounds below to be safe. Remember to weigh your bag before you go! To do that, either invest in a luggage scale or step on the scale, weigh yourself, then pick up your suitcase and calculate the difference. That way when you return, your heavier dirty or wet clothes and shopping finds still make the cut.