



HOW TO GET THE MOST OUT OF YOUR SUITCASE

Approach your traveling wardrobe the way an intelligent woman regards fashion. She knows that you don't have to wear a different outfit every day to be considered well dressed. You'll never meet a traveler who, after five trips, brags, "Every year I pack heavier." The measure of a good traveler is how light they travel so pack light...pack smart.

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WHAT TO PACK

The secret about packing smart is to **ELIMINATE!** We always take too much! Take very little. Whether you're traveling for three weeks or three months, you pack exactly the same.

Clothing - Depending on your destination and climate the golden rule is **AGAIN** eliminate: Make a checklist of every item you plan to take on your trip: clothing, shoes, toiletries, maps, hotel and car rental information etc.

Before you pack, lay everything out – a good idea is to stick to two basic colors. Choose separates, which can be mixed and matched.

Scarves, belts, and costume jewelry can change your look. You may notice that women in other countries dress up more than they do in the U.S., especially for dinner in a restaurant. Although pants are acceptable, you may want to bring along at least one skirt if you expect to be eating frequently in restaurants. Dressing with dignity is key in many foreign cultures.

Accessories don't take up much space and can stretch your wardrobe to add further variety and interest to simple garments.

Shoes must be comfortable for walking – one flat and one heel.

An **all weather coat** or leather jacket makes good traveling companions.

Don't forget a scarf, gloves and hat for cold weather. Take an **underwear pouch** for your underwear. – Take 3 sets (remember some panty liners to help you stay fresh for long journeys.

HOW TO PACK

Pack clothing using the "roll" technique. Lay two or three items on top of one another, smooth to flatten, and roll them up like you would a sleeping bag to save space and prevent wrinkles. For added wrinkle insurance, place a sheet of heavy tissue or packing paper between items of clothing before rolling. Pack sweaters and underwear in reusable compression bags, which can create up to 75% more space in your luggage. (They lock in odors, so they also work for storing dirty laundry, but make sure they are dry.)

If you'll be traveling to a country that has altitude fluctuations or temperature extremes, plan on layering clothes.

The bulk of your luggage is clothing. Minimize by bringing less and washing more often. Every few nights you'll spend 10 minutes doing a little wash. Choose dark clothes that dry quickly and either don't wrinkle or look good wrinkled. You should have no trouble drying clothing overnight in your hotel room.

TIPS

Stretch your travel wardrobe by color matching. If you simply make sure every piece of clothing, you pack works with every other piece, you can create a

host of mix-and-match possibilities and no one will be the wiser.

Wear your heaviest clothing such as jeans, running shoes/tennis shoes, and sweatshirt to save on space. Consider replacing your jeans with lightweight travel pants, which take less space and dry quickly.

Roll your belts and put inside your shoes together with your socks. Wrap shoes with a shoe bag or zip lock bags.

5 THINGS TO AVOID WHEN TRAVELING

Don't Over pack - a heavy bag of items you never use can put a damper on your trip--especially if you're planning to stay at different locations.

Avoid fabrics like cotton, which creases easily. Rather opt for nylon, polyesters, spandex, and acrylics.

Avoid throwing clothes into a suitcase, rushing to the airport, getting stuck in the security line and running to catch your plane—you finally arrive at your hotel, only to discover that most of your clothes are wrinkled, and you've forgotten your business itinerary.

Don't keep all your documents, credit cards, passports etc. in one folder. Split up credit cards, bankcards and cash as much as possible to avoid losing everything if your wallet gets stolen. **Make photocopies of important documents as a precaution.**