

A woman wearing a straw hat and a pink top is standing in a bedroom, writing in a white notebook. She is holding a pencil. In the foreground, there is a bed with a white sheet, a brown canvas bag, and various pieces of clothing including a yellow shirt, a purple top, and a pink sweater. A red book is also on the bed. In the background, there is a wooden shelving unit with various items like a teddy bear, a camera, and candles. The overall scene is bright and organized.

# 4 Steps to STRESS FREE Packing

# 4 Steps For Stress-Free Packing

## Step #1

- I begin my packing by reviewing where we are going. Is it going to be warm? Is it going to be cold? Or will it be warm during the day and chilly at night? Once I have done a weather check, then I can begin the process of choosing my clothing.
- The size of your carry-on luggage matters as well as the weight of your checked bag. When you are planning your travels, remember that you want to pack light so your checked bag doesn't cost you more.
  - Carry-on bags are usually included in the cost of your flight, but you still need to keep them under a certain weight and size.
  - Another tip for your carry-on bag is to add a dryer sheet to keep your clothes smelling fresh and clean during your travels.

## **Step #2**

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Step two is to decide on a color “theme” to ensure I will not overpack. If I am confident that I will be traveling for less than 5 hours I can choose clothes that may wrinkle, but don’t have time to let those wrinkles “set in” (I hate to iron, and I refuse to iron on vacation!). Choosing wrinkle free clothes is always my preference for trips longer than a few hours.

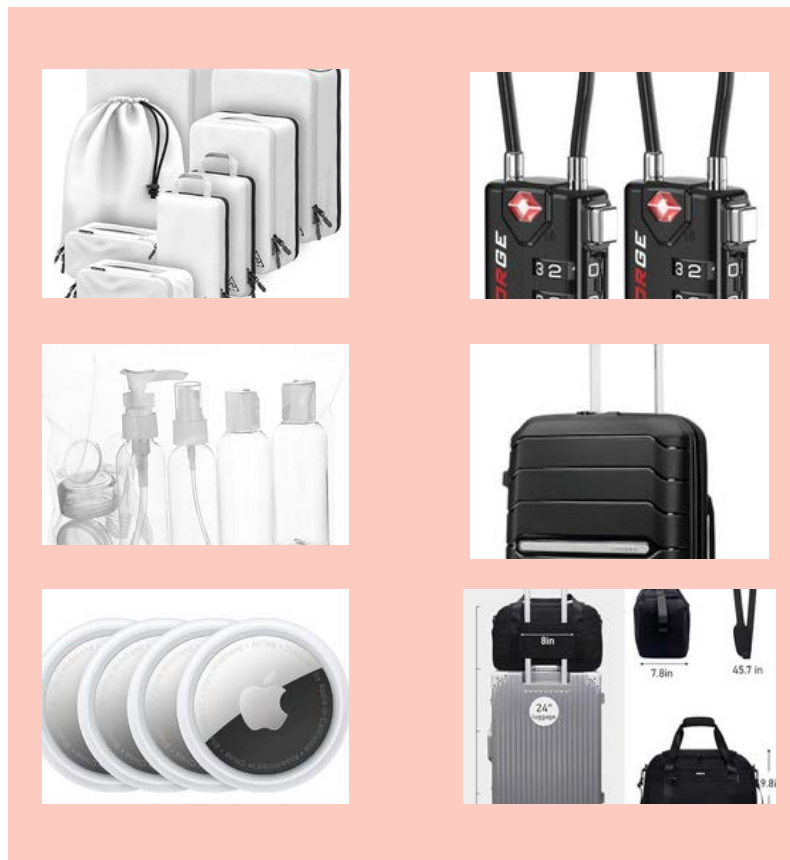
## **Step #3**

- The third step is to begin to put outfits together for each day, or each activity. After this step, I usually have only decided to take about half of what I originally pulled out of my closet. So I now put away those clothes that I have decided NOT to take.
- And finally, it’s time for footwear. I always take a pair of light-weight tennis shoes for fitness and walking/hiking. If the occasion calls for dressier clothes I will also take a pair of dressy flat sandals. If not, I will put in a pair of walking sandals and a pair of sandals that can be worn day to night.

## Step #4

- Step four is the actual packing stage.
  - To even out the bottom of the suitcase, shoes are wrapped in grocery bags (you can later reuse these for dirty laundry, or damp swimsuits).
- Cosmetics are all travel size. I place a small square of saran wrap over my bottles and then cap the bottles to prevent spills. Then I place them into a cosmetic bag, and pop that into my suitcase.

## Top Travel Essentials



# TRAVEL CHECKLIST

## CLOTHES

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## BASICS

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## TOILETRIES

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## SHOES

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## ELECTRONICS

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