

PACKING YOUR SUITCASE

First Law of Travel

Never Pack More than You Can Carry

1. Generally you are allowed 2 suitcases and a carry-on. Each airline has its own rules so it is best to check in advance for size and weights. Most airlines now have this information posted on their websites.
2. Identify your luggage with a scarf, ribbon or unique decal so that you can recognize your bags at a glance and at a distance.
3. Never leave your luggage unattended.
4. Pack your belongings tightly so things don't move around. Use the suitcase straps to hold your clothes in place.
5. Use the space around the perimeter of the suitcase for packing items such as shoes.
6. Pack clothes with the least amount of folds and roll your T-shirts.
7. Folding clothes with tissue paper or dry cleaning bags will stop clothes from wrinkling.
8. Pack lightweight disposable hangers because many hotels don't provide enough hangers.
9. Make sure you pack your clothes zippered and buttoned.
10. To save space put hosiery or underwear inside of your shoes.
11. Athletic apparel such as golf shoes and sporting equipment travel as special items in separate luggage, with no extra cost for weight!

Friendly reminder: Verify the expiry dates of your passport, medical insurance, photo I.D., and credit cards.

Be certain that your passport expires 6 months after your return date. Review your credit and bank cards' daily withdrawal limits.

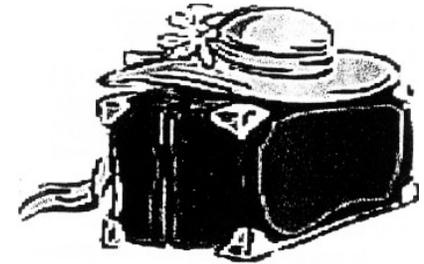
SELECT AS DESTINATION DICTATES:

- Sheet of anti-static fabric softener
- Compact umbrella/poncho/rain slick
- Bar of laundry soap
- Outlet converter
- Emery board/non-metallic nail file/clippers
- Band-aids, tensor bandages and alcohol swabs
- Tissues, travel wipes and hand sanitizer
- Toilet paper (with core removed)
- Mini hair dryer (which can double as a steamer)
- Small sewing kit with a needle, basic thread colours, scissors and safety pins
- A pair of spare glasses and/or your lens prescription for glasses/contacts.
- Toiletries, cosmetics, moisturizer, sun protection*
- Take a nylon bag that opens up but doesn't take any space in your suitcase. You won't have to buy a bag to bring new items home and it can also serve as a weekend bag for a side trip.
- Take pre-addressed computer labels if you will be writing letters or post cards.
- Make a list of addresses and phone numbers of the people you are going to visit or may need to contact while away, instead of carrying a full address book.
- Tear out or photocopy only the relevant pages of maps or tours to take along with you.
- Carry prepaid phone cards. They are the cheapest and simplest way to make calls while travelling.
- Extend the warmth of your holiday and bring old or used clothes to give to those less fortunate when visiting third world countries.



HOW TO PACK A SUITCASE

Whether traveling for business or pleasure, this is your basic checklist so that your suitcase contains all the items you need to have a worry free trip.



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Find these and other tips at
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ADVANCE PLANNING

When traveling ask yourself:

- ♦ Where am I going?
- ♦ What will I be doing?
- ♦ How long will I need to live out of my suitcase?



Your travel agent can supply you with a great deal of information about the dress requirements for your destination's climate and agenda.

As well, travel brochures and websites will list any dress code restrictions. They also have pictures that often contain photographs of various activities. These pictures will give you many tips as to what type of clothing you will need for the corresponding destination.

You can also consult with friends and family members who have previously traveled to your destination to get information about what may be required for your trip.

Essentials: Put copies of your passport, itinerary, credit cards and bank cards in your suitcase and carry on. Email yourself a copy if you plan to be using web mail while away and leave copies with family back home. Make sure to have medical and eyeglass prescriptions on your carry-on as well.

WHAT TO PACK

The clothing in your suitcase represents your entire closet while you are travelling. Make sure that you have the wardrobe that you need to do all the things that you want to on your trip. No matter what the agenda always include dress up items so that you are not caught unprepared for an unexpected special occasion and some comfortable clothes for your down time.

COLOUR CAPSULE

Pick a basic neutral colour such as black, taupe, beige, white, grey or navy, plus an accent. Believe it or not 8 pieces of clothing in a selected capsule will create up to 24 outfits!

Tops: 5 shirts and 1 jacket

Bottoms: 3 any assortment such as shorts, capris, pants, or skirts

ACCESSORIES: Jewellery, earrings or scarves add colour and variety to a solid capsule, and take very little space. Make sure to pack a warm jacket so you are prepared for any weather.

LAYERING: Layer your clothes for temperature and image. A shawl might also come in handy.

LINGERIE AND HOSE: Take underwear and hosiery for each day you will be away. Pack what you feel good about tossing, so you can lighten the load as you travel.

SHOES: Comfort is key. Always pack one pair of very comfortable shoes and wear your heaviest shoes on the plane. Include one pair of basic dress up shoes and a pair of flip flops for the beach or to use as slippers.

SLEEPWEAR/BEACH COVER-UP: A nightgown, robe or big t-shirt can do double duty as a nightie and a cover-up for the beach or poolside.

CARRY ON

Your carry-on bag fits under your airline seat or in the overhead compartment. It is your survival kit.

If everything else is lost your carry-on should have what is essential for you to start enjoying your holiday or to survive if you get stuck in the airport.

CARRY-ON CHECKLIST:

- make-up, moisturizer
- prescribed medication*
- anti-nausea, pain killers, antacid, antibiotic
- ointment, Immodium, Kaopectate, Zincofax*
- bug spray, Benadryl (for allergies or bug bites)
* *Keep medicines in their original prescription or over-the-counter bottles to avoid problems with customs officials.*

- prescription glasses and sun glasses
- bottled water, snack food, candies, gum
- To keep film from being exposed, pack your camera, film and batteries (with recharger) in your carry-on.
- disposable toothbrush and travel size toothpaste
- pen and paper
- swimsuit, sun hat and cover-up
- mental amusement-book, walkman or games etc. (especially if travelling with children)
- a language phrase book so you can learn a few foreign words and phrases

Tip: Never carry all your I.D. and cash on your person. Use a concealed bag or money belt to protect against pickpockets. Make sure to also have some local or U.S. currency on hand

