

PACKING TIPS FOR YOUR TRIPS

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Prevent travel trauma! With increased restrictions on travel for carry-on and checked luggage, proper packing has become more important than ever. Whether travelling is in your near or distant future, you'll want to save these check lists.

Before You Travel

- If travelling to a foreign area, learn something about the customs, etiquette, culture, economy, and political environment.
- Prepare your travel documentation: passport, birth or citizenship certificate, health insurance, ticket, etc. Make copies of everything for ease of replacement. Canadian passport applications are available at www.ppt.gc.ca.
- If required, get vaccinations, medication, prescriptions, etc.
- Get local currency, traveller's cheques, etc. Keep cash expenditures to a minimum; rely on credit cards.
- If taking gifts to the destination, lightweight ones will be easier to handle.
- Canadians can check for travel information at www.voyage.gc.ca.

Choose Luggage That Has:

- Soft sides; it is lighter weight than hard and the sides can expand or collapse as required.
- A shaped inner frame, as it is sturdier.
- A telescoping handle that is reinforced (an extra strip of leather at the base of the handle).
- A sturdy lock and stainless steel hardware.

- In-line skate wheels.
- A suit bag (if travelling with suits).
- Been coated for waterproofing and scratch resistance.
- Overall dimensions (total of length, width, and height) that do not exceed 158 cm or 62 inches for checked baggage, and 118 cm or 47 inches for carry-on.

What to Take

- If you are travelling on business, take your business aids!
- Travel documents: airline ticket, birth or citizenship certificate, passport, health card, etc.
- If required: medications, prescriptions, supplements
- Camera
- Eyewear, sun glasses
- Sleepwear
- Bathing suit
- Exercise wear
- For a 2 – 3 day trip, take the equivalent of 1 wardrobe module: 1 jacket, 2 bottoms, 3 tops.
- Underwear
- Hosiery
- Jewellery
- Toiletries:

<input type="checkbox"/> brush / comb	<input type="checkbox"/> shampoo
<input type="checkbox"/> toothbrush & paste	<input type="checkbox"/> hair conditioner
<input type="checkbox"/> dental floss	<input type="checkbox"/> shaver
<input type="checkbox"/> breath freshener	<input type="checkbox"/> facial cleanser

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| <input type="checkbox"/> facial moisturizer | <input type="checkbox"/> emery board |
| <input type="checkbox"/> deodorant | <input type="checkbox"/> mini-manicure kit |
| <input type="checkbox"/> tweezers | <input type="checkbox"/> makeup |

To Prepare Luggage:

- Avoid putting your home address on the bag; only put your name, destination, and flight number.
- On the inside of the suitcase attach your business card, in case the luggage goes astray.

To Pack Luggage:

- Place heavier items near the bottom, and lighter, more fragile items near the handle.
- Make your clothing conform to the shape of the luggage with the fewest folds possible.
- To minimize creases, line clothing with tissue paper, or cover each folded garment with plastic dry cleaner bags.
- Fold garments along seams and natural body creases.
- Fold jackets inside out with lapels together, and then fold in half at waist. The arms can be folded in half inside.
- Fold trousers in half at the knee; if the waistband is too wide for the suitcase, fold the back over at an angle.
- Fold skirts at the hip line or in half length-wise.
- Fold shirts by folding one-third of each side to the back. Fold the sleeves over the back so that it falls vertically. Bring the tails up over the cuffs, and then fold the shirt in half at the waist; the bottom of the shirt will reach the base of the collar.

- Use folded garments to create tightly packed layers. Fill gaps with underwear, hosiery and belts.
- Stuff hosiery in shoes, and place shoes in shoe bags.
- Use travel size containers for toiletries. Squeeze out excess air to create a vacuum, and place the lid on tightly.
- Keep all medications in the original, labelled container.
- Wrap the toiletry bag in plastic to avoid leakage, and pack in a corner near the handle.
- Ensure that the weight of each of the two allowed checked baggage does not exceed 22 kg or 50 pounds. Ensure the weight of the carry-on bag does not exceed 10 kg or 22 pounds. Items that exceed these limits are subject to excess baggage charges.

When You Travel:

- Drink water; avoid alcohol.
- Use travel time to work or read.
- Get an aisle seat for more space.
- Avoid sitting for long periods; stand and walk a few steps.
- For physical fitness, tighten up a muscle or muscle group with about 1/3 of your maximum strength. Flex and relax the following muscle groups about 6 times: stomach, thighs, buttocks, back, and shoulders.
- For business trips dress in business or business casual on the plane.

Have a great trip!

Karen Brunger is Director of the International Image Institute Inc., and is a Past President of the Association of Image Consultants International.