

10 TIPS FOR PACKING LIGHT©

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It's become increasingly expensive and difficult to travel. Many airlines charge travelers to check bags through to their destination and assess additional fees for bags that exceed weight limits. Also, adjusting to delays, checkpoints and regulations is exhausting. The solution is having as little to weigh you down as possible.

Many travelers are starting to think more carefully about how they pack, and in the process are finding that traveling with less is not only cheaper, but faster, easier and more enjoyable. Here are ten tips for packing more efficiently.

1. Choose a color palette. Make sure everything you pack goes with a single base color such as brown, black or navy. Easier decisions and fewer accessories equal more time for fun.
2. Take one or two pair of solid color shorts, skirts or pants and various mix and match tops.
3. Take a versatile lightweight jacket or sweater for evenings or air-conditioned environs.
4. Pare down progressively. First lay out everything you think you'll need, then cut it down to the essentials.
5. Use plastic zipper bags for small items like jewelry, vitamins or toiletries.
6. Don't take extras or spares. If you run out of something, buy more at your destination.
7. Don't bother packing a hair dryer, alarm clock or travel iron. These items will most likely be available at the hotel or in your host's home. If not, visit the local thrift store for a disposable version.
8. Use a soft-sided carry-on so you can fit more into your bag.
9. Keep a permanent checklist of travel essentials. Examples: cash, credit card, identification, cell phone, camera, sunglasses. Don't leave behind something important.
10. Be practical, not fanciful about your clothing choices. Take what you typically wear in your everyday life. Unusual or complicated outfits will probably end up being a burden rather than a joy.

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