



A Practical Guide to Packing

Before you start:

- ✓ If you worry you've forgotten something crucial—even a month before the trip—that's normal.
- ✓ If you prefer structure, use a simple packing list—but focus on the basics first.
- ✓ Check your airline's baggage policy (size, weight, and restrictions can vary).
- ✓ Review TSA/security guidelines, especially for electronics and liquids. It's still unclear if removing shoes is still a thing. Be ready just in case.
- ✓ Notify your bank of travel and confirm your mobile/international plan.

Passport/documents:

- ✓ Passport: Everyone has the passport nightmare at least once.
- ✓ Ensure your passport is at least 6 months from expiry.
- ✓ Europe and the UK are introducing digital entry requirements, but the systems are launching at different times.
- ✓ Check official sources before you travel to make sure you have the latest information. You do not want to get stopped for documentation issues before you even board your flight (yes, I've seen it happen).

Electronics:

- ✓ Power adaptor: If you can, get an adaptor that works in multiple countries.
- ✓ Phone/charger. Bring a laptop or tablet if you really need to.

Weather:

- ✓ The weather can vary significantly from north to south, even within the same hemisphere. Pack layers if you'll be moving between climates.



Clothing:

- ✓ Pack fewer outfits than you think you need. Unless you have formal events planned for your trip, you will end up wearing the same three things on repeat — and that's okay.
- ✓ Think carefully about shoes - they take up the most room in the suitcase.

Toiletries:

- ✓ Most hotels will provide the basics. But if you're picky about certain products like I am, you generally don't need to pack shampoo or soap.
- ✓ Bring essentials like a toothbrush, toothpaste, or any favorite products you don't want to replace.

Final tip:

- ✓ You can bring a collapsible bag if you're planning to bring back souvenirs. The bag becomes your carry-on package for the trip home.

A small reminder:

- ✓ Packing is the most stressful part of many trips.
- ✓ You'll feel better once you're through security.
- ✓ You'll feel even better once you're in your seat.

A final reminder:

- ✓ If you forget something, there will be stores where you're going.
- ✓ Essentials are checked: phone, wallet, passport, glasses or contacts, and medication. Clothes, shoes, and shampoo can all be bought locally if you need them.
- ✓ You may even come across some cool product or brand you've never heard of!