## **Packing and Travel Tips**

# First American Experiences Group



Relax. Clear your mind. And get packing.

The next Experiences tour awaits your registration.

When it comes to packing for a trip, experience affirms most people tend to go overboard, taking way more than they will need or use.

Many plan for every contingency, even at the expense of common sense — for example, including clothes suitable for every season. Or they reason if one is good, multiples must be even better. "...Egypt in October... do I need a pair of comfortable shoes? Better yet, I'll take a couple pair – or five, just in case..."

Let me share five packing tips I've made my own after packing for countless trips involving all seasons and multiple continents:

- 1. **Roll 'em up** I learned this trick during my early travel agent profession days. *Rolling clothes, instead of folding, saves tons of space.*
- 2. **Paper or plastic?** Pack things in gallon zip lock bags. This will help you stay organized by outfit or type of clothing. *Those bags come in handy whether you are in Egypt or Oregon*.
- 3. **Once and done** Space is precious. If you are only going to wear it once (and there's no sentimental attachment) dump it. For example: knowing there would be one fancy dinner with the captain, one savvy Experience Group traveler bought her cocktail dress for \$10.00 at Goodwill. Then, with no regrets, left it behind instead of toting it around Alaska.
- 4. **Let there be light** *My useful nature surfaces when packing.* It never hurts to toss a *tiny* flashlight in your bag.
- 5. **Reverse polarity** Turn the batteries around in your electronics; they won't turn on and run out of juice. *Learned this one the hard way!*
- 6. **Research –** Know the destination and plan along with your itinerary.

## **Additional Travel Tips:**

### Keep hydrated!

Drink plenty to keep your body functioning properly. Sightseeing in the sun, changes in altitude and walking can all increase your body's need for water. Keeping well-hydrated is the foundation of feeling good. While important at home, it's even more important on the road.

#### Healthy snacks!

Don't let a little hunger or a medicine deadline distract you from the on-tour experience! Carry some light and healthy snacks with you on tour to hold you over until your next meal or to allow you to take that medicine on time.

#### **Exercise and stretch!**

Don't abandon your healthy exercise habits. Find time in your travel schedule for a little light exercise and stretching. Hotels often have under-used gyms. Take advantage and keep yourselves feeling great. You'll enjoy every moment of your vacation.

