

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

UP, UP AND AWAY! Ten Steps To Simplify Travel Packing

By Monica Ricci

UP, UP AND AWAY! Ten Steps To Simplify Travel Packing by Monica Ricci

UP, UP AND AWAY! Ten Steps to Simplify Travel Packing

Travel is a fact of life, whether for business or for pleasure. Here are three steps to make your packing and unpacking much simpler and less time-consuming.

1. Make a list of all the products you use throughout the course of an average day. (shower gel, deodorant, shampoo, moisturizers, hair spray, toothpaste, toothbrush, floss, etc).
2. Take your list with you to the store and purchase one of every product on your list in a trial size. Also buy a small inexpensive hair dryer, a mini shower scrubbie and an extra small comb or brush. At the same time, purchase a travel case large enough to accommodate all these new items.
3. After shopping, put a handful of cottonballs, swabs and safety pins into three separate baggies. Pack your new travel toiletries and your baggies into your travel case and keep it packed this way and stored in your luggage at all times.
4. After you return home from each trip, refill your travel size toiletries then put the newly replenished bag into your suitcase until your next trip. You will never have to pack toiletries for travel, if you always keep this bag packed and ready to go at a moment's notice.
5. Roll clothing into cylinders when packing. It takes up less space and it will help keep wrinkles down. Also, roll socks and underwear up and stuff them inside your shoes. Not only will it make more space in your luggage, but it helps keep your shoes from getting crushed.
6. Pack clothing that resists wrinkling, such as polyester blends, wool blends, microfibers, silk, and rayon. Avoid packing 100% cotton or linen when possible.
7. To avoid having to bring two pairs of dress shoes, choose one neutral color and build your wardrobe around it. Don't bring outfits based on both black and brown, because then you'll need both black and

UP, UP AND AWAY! Ten Steps To Simplify Travel Packing

brown shoes and belts.

8. Bring one suit and several pieces to change its look. Men can wear the same suit with varying color shirts and ties. Ladies can create several different outfits from just one skirt, one jacket, a pair of coordinating pants, and a few blouses.

9. Call your hotel ahead of time to ask if they will provide personal items such as an iron, clothing steamer, and hair dryer. If so, you'll have extra room in your luggage for other things.

10. Carry on your important documents, toiletries, medications, and one change of clothes in case your luggage gets lost.

Travel packing can be simple if you create an effective system and follow it consistently.

Monica Ricci has been an organizing specialist since 1999, and her motivational presentations teach effective organizing and simplifying techniques for home and work. She also offers free email tips and ideas on how to make life simpler and more organized. Her topics include clutter control, paper management, time management, organizing space and procrastination. Contact Monica at 770-569-2642 or Monica@CatalystOrganizing.com.

Perfect Packing For Men

By Maxine Greco

Packing for men is a more difficult task than packing for women. The size of their clothing, and all that cotton seems to make it a more complicated. I begin by lining the bottom of the case with underwear. The underwear has been packed inside a packing cube so my husband doesn't have to "unpack." He just places the cube in the hotel drawers. The packing cube also levels out the bottom of the suitcase where the bars for the pull up handle are stored. Then I'll use a shirt packing case or organizer. These are made by several manufacturers and consist of a form that you can fold a shirt around (similar to the way shirts are displayed in department stores.) These will keep the shirts from wrinkling by securing them neatly so they will not move about in the suitcase. I then stuff my husband's shoes with his socks. I place the shoes in shoe covers to protect the clothing and then these are put around the perimeter of the suitcase. I also roll up some sweatshirts and shorts for casual wear or to use in the hotel gym.

I use a leather case for his shaving and toiletry needs. Anything in an aerosol can I will pack for him keep in his carry on case. The leather case has a water resistant lining because I know that many bottles and containers can loosen in travel. This case is also placed around the perimeter of the case. I pack his slacks on hangers, laying them out the long way so they are folded only once. Packing with hangers avoids the need to re-hang them on the hotel hangers once he's arrived in his room. The shirt holders can go directly to the bureau drawer along with the packing cubes that have filled with his underwear. I also tuck a small folding laundry bag inside the packing cube.

UP, UP AND AWAY! Ten Steps To Simplify Travel Packing

When he needs a sports jacket or a suit I will pack in a garment bag. He has two different sizes, depending on the amount of jackets he is taking. I have never found a way to fold a jacket in a suitcase without it needing professional pressing when he arrives at the hotel. One of his suitcases has the garment bag inside the case. Whenever I do pack a jacket or suit for him, I'll pack a travel steamer. They have dual voltage so they can be used around the world, and they will use any type of tap water. My husband has found it quick and easy to use the steamer whenever it's necessary to remove the slight packing wrinkles.

Secure the suitcase with a TSA approved lock and he's on his way.

Maxine Greco has worked in luggage and travel industry for over 35 years. She is now currently at



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!