

PACKING TIPS

Make a travel list. Mine is an Excel spreadsheet. The first column is for things I never want to forget (medications; make-up, travel alarm, etc.) I then have sub columns, i.e., one for business travel (cell phone; electric cord for your laptop); one for the beach (suntan lotion and sunglasses). If you go to the same destination more than once a year, make a special column for that. I have a New York column where I always need my opera glasses. I also have an international column so I don't forget my passport; international driver's license, converters, adapters, etc.

PACKING YOUR SUITCASE

- Start by placing in your suitcase a pair of pants or skirt folded along its natural crease with the waistline at one edge and the excess length hanging over the opposite edge. If you can, place tissue paper between each item. This will keep wrinkles to a minimum. A plastic dry cleaning bag also helps.
- Add a second skirt or pair of pants in the opposite direction and do so for each additional bottom piece.
- Place your first top (buttoned if it's a shirt) face down on top of the pants and skirts with the neckline at the suitcase edge and the extra length hanging over the opposite side. Fold sleeves to the back of the shirt or top.
- Now, add your soft articles such as sweaters, pajamas and underwear in the center space.
- Fold in the overhanging length of the bottoms and tops from alternating sides.
- Your shoes, toiletries, and other heavy items should be placed at the bottom of the bag (nearest the wheels).
- Make sure you always pack your make-up and other fragile items in a zip lock bag. You don't want to get to your destination with body cream all over your new suit!
- Always pack your shoes in shoe bags. This will prevent them from soiling your clothes.
- Try to roll as many items as possible (underwear, camisoles, bathing suits) and place them all along the edge of the suitcase.

"Image Consulting with an International Flair"