

Pack a Suitcase Checklist

By Lauren Meir

- Trip-Packing Essentials
 - Appropriate-sized suitcase for the trip.
 - Bags for shoes.
 - Bag for laundry/dirty clothes.
 - Toiletries, packed in sealed plastic bags.
 - Clothing, shoes, and accessories.
- Pack Double-Duty Items
 - Edit down your choices** Take half of what you wanted to put in your suitcase and put it back. Overpacking is a common mistake, and you don't really need all the items you think you'll need.
 - Layer** Bring items that can be worn separately in warmer weather or layered on top of one another when temperatures drop.
 - Bring Double-Duty Items** A night-shirt can double as a beach cover-up, and those yoga pants can also be worn to bed. A white t-shirt can be worn with jeans or dressed up tucked into a skirt.
 - Pick Versatile Footwear** 3 pairs of shoes, 3 styles that can be used in a variety of settings. Think sandals or loafers, comfortable sneakers and one dressier pair. Select styles that can easily be dressed up or down. Wear the heaviest on the plane and pack the others.
 - Carry-on Bulky and Valuable Items** Lessen the weight of your suitcase and free up room by bringing jackets or bulky sweaters with you. Don't pack any valuables - if your luggage is lost, your treasures will be too.
- Packing Practicum
 - Tightly roll wrinkle-resistant fabrics like t-shirts, cotton garments and jeans, and put them on the base of the suitcase.
 - Fold wrinkle-prone or specialty garments (like blazers and starched shirts) on top of the first layer.
 - Lay longer garments such as slacks and skirts, folding the longer pieces in half.
 - Fill the length of the bag with the folded long garments, alternating waists and hems.
 - Use available cracks and spaces for stuffing socks and undergarments.
 - Line the sides of your suitcase with belts.
 - Stick shoes (in sealed bags) along the sides of the suitcase.
 - Cover your layered clothing masterpiece with a large plastic or dry-cleaning bag, to prevent wrinkling.