Travel Tips

Travel Light

One of the biggest mistakes people make when traveling is over packing. As you get off planes or trains you will see people struggling to keep all their belonging together. Ever wonder how much they wish they could dump if it hadn’t cost so much? The following list is a suggestion for packing for cool climates.

Loose, light, black long pants; nice enough to wear out in the evening and for keeping the mosquitoes off after dark

Quick drying, khaki colored pants or skirt

One or two colored T-shirts

Short-sleeved poly shirt or tank top to wear under anything

Long-sleeved light colored shirt

Hat

Two or three pairs of underwear

Two pair quick-dry socks

Light running or walking shoes (wear on plane)

All weather, synthetic (not leather), black walking sandals

Coated nylon windbreaker with tie-tight hood

Thin black acrylic or wool knit sweater (wear on plane) that can go under a shirt and windbreaker

Bar of glycerin soap for skin, hair and clothing; baggie to store it

Nail file, tweezers, tiny scissors, mini sewing kit

Comb, razor with blade cover, toothpaste and tooth brush

Sunscreen, SPF 30 lip gloss, small Vaseline for dry skin, insect repellant containing Deet