

Tips to Pack a Suitcase

Written by Elizabeth Liberatore

Monday, 01 August 2011 14:21 - Last Updated Wednesday, 03 August 2011 15:56

There is nothing more challenging than deciphering what to pack for trip and how to pack it properly. Questions like, "Should I pack one sweater or two?" "How many pairs of jeans are considered too many?" and "How can I protect my fragile items?" daunt many travelers. Let's not forget the 50-pound baggage allowance that we all have to abide by, which is an added stressor. However, packing can be surprisingly easy and fun when done correctly. Use these helpful packing tips provided by pro-organizer, Barbara Reich, for your next journey. You'll be a pro-packer before you know it.



Essentials

Although we may think our ten different pairs of True Religion jeans are essentials, they simply aren't. Packing an excess amount of the same item gives you less room to work with and weighs down your suitcase significantly. Try to get a good combination of clothes that coincide with all possible weather changes. Rule #1 according to Reich, "A light cardigan in a neutral color for layering should always be packed along with a pair of jeans. These two items are great to mix and match with other outfits and a cardigan is great to have on hand in case it gets chilly. A phone charger is also necessary as it is always helpful to have a working phone on you in case of emergencies."



More or less?

Is it really better to pack more than less? Reich says yes. "It's better to pack more. There's nothing worse than being away from home and not having something you could have packed."

Mixed Items

Packing clothes, shoes and delicate items all in one, confined spot can be tricky. Reich says the best way to maneuver this is by packing in layers. "Place the heaviest items on the bottom and put any liquids that can spill in sealed or Ziploc bags." For breakable items, Reich suggests using bubble wrap or even a t-shirt to protect them. Securely place the items in a spot where they can't move; for instance, between your layers of clothes.

Utilize the Space

Just because your suitcase isn't the size of Barbie's Dream House doesn't mean you can't fit everything you need in it. To utilize all of the space in your suitcase, put heavier items (like shoes) on the bottom. Pack in layers, and pack items that may wrinkle in tissue paper.

For additional information on pro-organizer, Barbara Reich, visit: [_____](#)