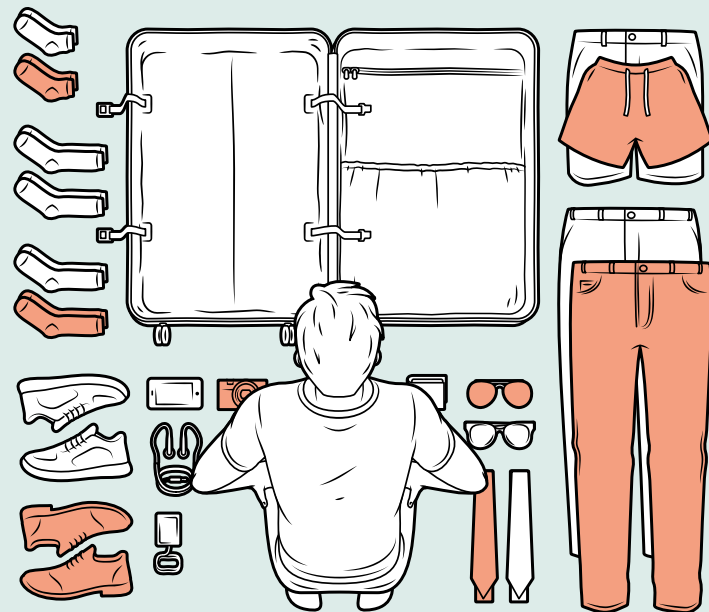


Contents

Introduction	4	Stylist tips	36	Creating compartments	70
		Wash 'n' go	40	Filling gaps	72
How to be a packing maestro		Plane travel	44	Bottom-heavy	73
Luggage		Tech tips	48	Similar items together	74
Evolution	8	Teach the kids	50	Similar colours together	75
Selection	12	Quiz	54	Tetris-style	76
Key features	16	Courier services	58	Backpack	78
Deluxe design	18				
Technology	22	Methods		How to pack for your trip	
Clever kit	24	Rolling	60	City	82
		Folding	62	Wilderness	86
Packing		Bundling	64	Afloat	92
Over- and underpackers	28	Stuffing	66	Beach	96
List-making	32	Tissue paper and scented bags	68	Mountains	100
Philosophy	34			Tropics/Jungle	104



Alpine	108
The Poles	112
Desert	118
Safari	122
Camping	126
Round the world	130
Action	134
Packing lists	
Top tips	142
Packing bundles	150
Index	156
About the writers	158
Acknowledgements	160

Introduction

An art, a science, a necessary evil: packing is a task all travellers must tackle before their journey even begins. Not many of us, however, do it well, and even fewer of us approach it with any sense of pleasure. Let us fix that. Step away from that mountainous pile of clothing, get up off that suitcase you're trying to squash shut, and allow this book to unclutter your path to luggage liberation.

Do you tip the scales into

excess charges every time the family holidays, or are you a frugal carry-on-only business traveller looking for even smarter ways to minimise? Do you need savvy kit suggestions for your next foray into the wilderness or are you a luxury island hopper wanting the best couture on the move?

Whatever your style, we hope this neatly arranged book will help you keep your luggage equally on message and well organised. Take

the pain out of packing by using our cut-out-and-keep lists. Teach the kids to pack and learn how to edit your own capsule wardrobe. Take comfort and inspiration in stories of packing mishaps and luggage pioneers from days gone by. Or simply drool over the latest must-have hard-shell, hi-tech spinner or re-imagined retro steamer case.

Packing light is once again à la mode. As the author Antoine de

Saint-Exupéry once said: 'He who would travel happily, must travel light.' When it comes to your suitcase, less really is more, leaving you light on your feet and free to immerse yourself in local culture and nature without being weighed down by masses of kit.

However, packing light also takes more time, more strategy and potentially a lot more faffing around. Happily, it is a skill that can be learned. And when less is not

necessarily more (we're looking at you, yoghurt-coated, rice-cracker-splattered 'holidaying' parents), we can help you decide what, how and when to pack for tantrum-free travels.

Whatever type of traveller you are, we can up your packing game. Learn how to make your tech work harder and choose apps that will pack for you. Are you a weekender, a business traveller or an adrenaline junkie? Our aim is to

matchmake your luggage to your travel type, and find a suitcase (backpack, wheelie or duffel) that's a true soulmate, in it for the long haul. It matters not if you're going round the world for a year or taking a cheeky city break, we have definitive packing lists, tailor-made tips and life hacks for all.

As organisational guru Marie Kondo says: 'A messy room equals a messy mind.' The same goes for your suitcase. Happy packing!

How to be a packing maestro

Luggage: evolution

Luggage has come a long way over the centuries – from the animal-hide holdalls of the Middle Ages to the plastic ride-on cases sported by kids in airports today. Modern suitcases, born out of hefty

trunks of wood with iron frames, saw their evolution leap forwards with the arrival of steamships. Waterproofed with canvas or tree sap, these chunky clunkies were the height of technology.

The suitcase spans every transportation revolution, from steamer to passenger jet. With the late 19th century came mass tourism and, a handful of decades later, mass aviation. Today, luggage design is intricately

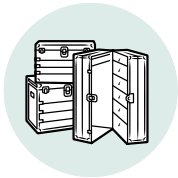
linked to aircraft, from practical demands of baggage handling to what can squeeze into that overhead locker. In their myriad designs, our cases carry not just our stuff but also a history of human movement.



1153: The first wheeled luggage rolls into existence during the Crusades, when the Knights Templar use it to carry arms, chain mail and shoe-mending tools.



1596: The term 'luggage' is coined, from the Middle-English word 'lug' meaning 'to drag'.



1870: Louis Vuitton debuts a flat-top 'steamer trunk' designed to stack easily on ships: the prototype for the modern suitcase is born.



1910: The Shwayder Trunk Manufacturing Company launches with the tagline 'strong enough to stand on'. Later (in 1966) to become Samsonite, it pioneers the hard-shell case.



1920s-'50s: The evolution of mass transportation sees a boom in luggage design. There's now a case for every occasion and item, from cameras and dresses to cigars and hats.



1972: A US company patents suitcases with wheels.



1987: Pilot Bob Plath invents Rollaboard® luggage, a vertical rather than horizontal suitcase with wheels that can easily be towed through airports and stowed on planes; the granddaddy of today's wheelie cases.



1994: The telescopic/collapsible handle is invented and patented by Don Ku.



2006: British company Trunki launches and soon dominates the world of family-friendly luggage with its ride-on suitcases.



2014: Luggage with GPS tracking capabilities becomes available.



© Justin Foulkes



© cmfotoworks / Getty Images

Index

- action 134-9
adventure 134-39
afloat 92-5
air travel 44-7
Albania 111
aloe vera 98
alpine 108-11
Amazon 105
Antarctica 112-3
apps 27
 for children 52
Arctic 116-7
Argentina 113
Arizona 91
Atacama Desert 121
beach 96-9
Bosnia 111
cabin luggage 24-7
Cambodia 107
camouflage 95
camping 126-29
carabiner 78
Caribbean 95, 134
carry-on bag 44-7
children 50-51
China 139
city breaks 82-5
Cornwall 97
courier services 58-9
creases 67
Croatia 93
cruise 94-5
cycling 135
declutter 34-5
DEET 104, 107
Delhi 85
desert 118-21
duct tape 99
earplugs 132
family 50-51
fashion 36-7
Finland 117
France 129
Frisbee 133
glamping 128-9
Globe-Trotter 18
Gobi Desert 119
grasslands 95
Greece 93
headphones 26
headtorch 105, 124
Hermès 19
Herschel 19
Himalayas 101
your trip 89-139
Italy 135
Japan 59, 109
jewellery storage 39
jungle 104-7
kikoy 125
Kilimanjaro 103
Kon-Mari system 76
laundrette 40-43
laundry 40-43
layers 34
LBD 131
liquids 34, 47
lists 32-3
Louis Vuitton 21
luggage
 clever kit 24-6
 design 18-19
 evolution 8-11
 key features 16-17
 selection 12-15
 tags 15, 58
 technology 22
 medication 100, 101, 138
Morocco 121
mountains 100-103
Oman 119
overpacking 28-9
packing bundles 142-54
packing lists 32-3, 140-55
packing techniques 60-79
backpack
 78-9
bottom-heavy 73
bundling 64-5
compartmentalising 70-71
filling gaps 72
folding 62-3
layering 68-9
rolling 60-61
similar colours together 75
similar items together 74
stuffing 66-7
 Tetris-style 76
pillow 26
plane travel 44-7
power source 49
prescriptions 101, 138
round-the-world 130-33
RTW 130-33
Rwanda 125
safari 122-5
sailing 92-5
Sami 117
Samonsite 21, 22
sarong 99, 101, 107, 138
Scandinavia 97, 129
Scotland 87
Scuba 135
seasonal travel 133
Serengeti 123
shrink-wrapping 15
Singapore 84
ski 108-11
skin patches 99
smart luggage 22
smartphone 48-9
Snuba 135
solar charger 25, 90
spork 126
St Lucia 135
stand-up
 paddleboarding 135
Stockholm 83
stylist 36-7
Swaine Adeney Brigg 18
Switzerland 103
tablets 33, 48-9, 123, 134
talcum powder 96
technology 48-9
Telluride 109
tent pegs 126
Thailand 99
Tiffany & Co. 15
toys 52
travel apps 27
tropics 104-5
tsetse flies 123
Tumi 19
UK 97
underpacking 30-31
USA 83, 91, 109
USB port 26
vacuum bags 25, 78
Valextra 21
Wales 127
water purification 87
wetsuit 96
wilderness trips 86-91

About the writers



Sarah Barrell is an award-winning travel writer, most recently the author of Lonely Planet's *From the Source: Italy*. Former travel editor at the *Independent on Sunday*, Sarah currently works as Associate Editor for *National Geographic Traveller (UK)* and writes freelance for a wide range of titles, including *BBC Good Food*, *Independent*, the *Telegraph* and *Evening Standard*. www.sarahbarrell.com

Sarah would like to extend thanks, as ever, to her long-suffering family for their patience, notably to daughter Ella for finally conceding that travelling light means packing 'just' four teddies. Thanks also to travel buddy Celia Brasher for her initial brainstorming and enthusiasm, and to co-author Kate Simon for her organisational expertise and speedy creativity: the Samsonite spinner of working partners.



Kate Simon is the former travel editor of the *Independent on Sunday*. She continues to write about travel for the paper as well as other major UK publications, including the *Telegraph* and *Hello!*. Kate is also the co-founder of specialist travel PR agency *Traveltappers* (traveltappers.co.uk).

Kate would like to thank her partner and son, Dean and Quincy Ryan, for their inspired ideas and tea-making efforts, her business partner Simone Kane for her patience, and her pal Henrietta Roussoulis for her great connections. And thanks, of course, to co-author Sarah Barrell, for making this first foray into a publication with a hard spine a joy.