

- How to pack for any trip -

## Packing: are you an overpacker or an underpacker?

*What do you need for a three-night break in Lisbon? Possibly not what you have packed in your bag...*

### The Overpacker: Weighing in at 10kg

**Clothing:** 4 x boxers and socks;  
2 x shorts; trousers; gym shorts and  
2 x gym T-shirts; swimming trunks;  
3 x polo shirts; 3 x T-shirts; vest;  
hoodie; fleece; trainers; jacket.

**Toiletries:** transparent bag of  
100mL potions and pastes.

**Tech:** 7in tablet; iPod; Bluetooth  
speaker; 2 x adaptors; 3 x chargers;

I could have lived  
for up to a week with  
what I'd packed.  
I was covered for  
every eventuality,  
weather-wise. '

mobile phone; earphones; bridge  
camera; compact camera.

**Miscellaneous:** 2 x newspapers;  
wallet; 2 x coin purses; keys;  
sunglasses; daypack; 2 x pens.

**Didn't wear/use:** gym shorts;  
swimming trunks; 1 x gym T-shirt;  
2 x polo shirts; trousers; shorts;  
1 x socks; 1 x pants; fleece;  
daypack.

**Favourite luxury item:**  
Bluetooth speaker.

**With hindsight, wouldn't have  
packed:** 1 x polo; fleece.

**Returned with purchase:**  
Trainers; earphones.

