

- How to pack for any trip -

Index

- | | | | | | |
|--------------------|-----------------------|----------------|----------------------|--------------------|---------------------|
| action 134-9 | beach 96-9 | Croatia 93 | Globe-Trotter 18 | Kilimanjaro 103 | selection 12-15 |
| adventure 134-39 | Bosnia 111 | cruise 94-5 | Gobi Desert 119 | Kon-Mari system 76 | tags 15, 58 |
| afloat 92-5 | cabin luggage 24-7 | cycling 135 | grasslands 95 | laundrette 40-43 | technology 22 |
| air travel 44-7 | Cambodia 107 | declutter 34-5 | Greece 93 | laundry 40-43 | medication 100, |
| Albania 111 | camouflage 95 | DEET 104, 107 | headphones 26 | layers 34 | 101, 138 |
| aloe vera 98 | camping 126-29 | Delhi 85 | headtorch 105, 124 | LBD 131 | Morocco 121 |
| alpine 108-11 | carabiner 78 | desert 118-21 | Hermès 19 | liquids 34, 47 | mountains 100-103 |
| Amazon 105 | Caribbean 95, 134 | duct tape 99 | Herschel 19 | lists 32-3 | Oman 119 |
| Antarctica 112-3 | carry-on bag 44-7 | earplugs 132 | Himalayas 101 | Louis Vuitton 21 | overpacking 28-9 |
| apps 27 | children 50-51 | family 50-51 | your trip 89-139 | luggage | packing bundles |
| for children 52 | China 139 | fashion 36-7 | Italy 135 | clever kit 24-6 | 142-54 |
| Arctic 116-7 | city breaks 82-5 | Finland 117 | Japan 59, 109 | design 18-19 | packing lists 32-3, |
| Argentina 113 | Cornwall 97 | France 129 | jewellery storage 39 | evolution 8-11 | 140-55 |
| Arizona 91 | courier services 58-9 | Frisbee 133 | jungle 104-7 | key features | packing techniques |
| Atacama Desert 121 | creases 67 | glamping 128-9 | kikoy 125 | 16-17 | 60-79 |

backpack	stuffing 66-7	sarong 99, 101,	25, 90	Telluride 109	Valextra 21
78-9	Tetris-style 76	107, 138	spork 126	tent pegs 126	Wales 127
bottom-heavy	pillow 26	Scandinavia 97, 129	St Lucia 135	Thailand 99	water purification
73	plane travel 44-7	Scotland 87	stand-up	Tiffany & Co. 15	87
bundling 64-5	power source 49	Scuba 135	paddleboarding	toys 52	wetsuit 96
compartmen-	prescriptions 101,	seasonal travel 133	135	travel apps 27	wilderness trips
talising 70-71	138	Serengeti 123	Stockholm 83	tropics 104-5	86-91
filling gaps 72	round-the-world	shrink-wrapping 15	stylist 36-7	tsetse flies 123	
folding 62-3	130-33	Singapore 84	Swaine Adeney	Tumi 19	
layering 68-9	RTW 130-33	ski 108-11	Brigg 18	UK 97	
rolling 60-61	Rwanda 125	skin patches 99	Switzerland 103	underpacking 30-31	
similar colours	safari 122-5	smart luggage 22	tablets 33, 48-9,	USA 83, 91, 109	
together 75	sailing 92-5	smartphone 48-9	123, 134	USB port 26	
similar items	Sami 117	Snuba 135	talcum powder 96	vacuum bags	
together 74	Samonsite 21, 22	solar charger	technology 48-9	25, 78	

- How to pack for any trip -

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.

Published in July 2016 by
Lonely Planet Global Limited
ABN 36 005 607 983
www.lonelyplanet.com
ISBN 978 1 76034 075 9
© Lonely Planet 2016
Printed in China
10 9 8 7 6 5 4 3 2

Written by Sarah Barrell and Kate Simon

Managing Director, Publishing Piers Pickard

Associate Publisher Robin Barton

Commissioning Editor Jessica Cole

Art Direction Daniel Di Paolo

Layout Designer Johanna Lundberg

Illustrator James Provost

Print Production Larissa Frost, Nigel Longuet

All rights reserved. No part of this
publication may be reproduced, stored
in a retrieval system or transmitted in any
form by any means, electronic, mechanical,

photocopying, recording or otherwise
except brief extracts for the purpose of
review, without the written permission of
the publisher. Lonely Planet and the Lonely
Planet logo are trademarks of Lonely Planet
and are registered in the US patent and
Trademark Office and in other countries.

Lonely Planet offices

AUSTRALIA

The Malt Store, Level 3, 551 Swanston St,
Carlton, Victoria 3053
T: 03 8379 8000

IRELAND

Unit E, Digital Court, The Digital Hub,
Rainsford St, Dublin 8

USA

124 Linden St, Oakland, CA 94607
T: 510 250 6400

UK

240 Blackfriars Rd, London SE1 8NW
T: 020 377 1 5100

STAY IN TOUCH lonelyplanet.com/contact

Although the authors and Lonely Planet
have taken all reasonable care in preparing
this book, we make no warranty about the
accuracy or completeness of its content and,
to the maximum extent permitted, disclaim
all liability from its use.



Paper in this book is certified against the Forest
Stewardship Council™ standards. FSC™ promotes
environmentally responsible, socially beneficial and
economically viable management of the world's forests.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'