



Packing, made easy

Forget an essential item, like an international power adapter, and you're left scrambling to find the nearest store to buy one at your destination. Pack too much and you'll be burdened with heavy bags. Check out these seven basic packing strategies for a more WOW traveling experience.

by Cindy-Lou Dale



Draw up your packing list, which is to include essential items, toiletries, medication, and clothes.

1. WHAT TO PACK

Select clothes in the same color family, packing more tops than bottoms. Choose knits, wools, and cotton. These fabrics tend to resist wrinkles and are versatile. Roll underwear, T-shirts, jeans, cotton pants, and knitwear—they won't wrinkle when rolled tightly. Take no more than three pairs of shoes—casual, sneakers and evening. Wear the heaviest pair and pack the other two, stuffing them with ziplocked items like sunglasses, electronics chargers and underwear. Place each shoe into a Ziploc bag so as not to damage/soil clothing. Placing a few fabric conditioning sheets among your clothes which will keep them smelling sweet for the whole trip.

2. GET A STASH OF ZIPLOC BAGS

These babies go a long way to get your bag organized. Have one Ziploc

bag for your cables, another for your chargers and adapters, one for medication and one for things for the journey home, like house keys, parking ticket and car keys.

3. TOILETRIES

Check with your destination hotel first, but you may find you could halve the contents of your toiletries bag as most of the basics are provided by the hotel. Alternatively, pack mini travel-sized items like deodorant, shampoo and body wash in one, toothpaste, mouthwash, etc. To prevent liquid leaks, remove lids from liquid bottles and add a layer of cling-film to the neck of the container before replacing the lid. Then use clear tape to seal the gap where the lid joins the container.

4. LEAVE THE BOOKS AT HOME

If you need to read a book, get an e-reader instead of carrying around a bulky book. If you want to follow the advice of a guidebook, photocopy the relevant pages then follow directions via Google Maps.

5. VALUABLES

To avoid the worst-case scenario of being robbed, it's best to be inconspicuous and avoid flashing the cash. If you're on the beach and you really must go for a swim, hide your money in an empty suntan lotion container.

6. WEIGH YOUR LUGGAGE

Before you begin packing check the baggage policy. Invest in some luggage scales and make sure you weigh your bags on both legs of the journey to see how close you are to reaching the weight limit. And remember, baggage allowance can vary from airline to airline. Should you be getting a connecting flight, make sure you are aware of their limits too.

7. MAKE YOUR SUITCASE DISTINGUISHABLE

Don't be faced with an airport baggage carousel crisis where you're searching for your luggage amid its identical neighbors. Label your suitcase carefully with distinctive luggage tags and make sure you

give it a bit of a makeover to stand out in the crowd. Also, remember to remove all baggage tags or stickers from previous flights, and label your bag inside and out with your name, destination address, and mobile phone number.





HAND LUGGAGE

Avoid the hassle of losing your boarding pass by using the App, and download your boarding pass onto your mobile phone.

If you need to take medication, including liquid medication or syringes, pack it in your hand baggage (in its original packaging, if possible). To avoid delays at airport security, take a prescription or supporting letter from your doctor that confirms it is prescribed to you. On the off chance of your luggage going missing, be sure to carry a couple of day's supply in your hand luggage.

Follow the airport security's guidelines in regards to liquids, gels, aerosols and food.

Be sure all electrical or battery-powered devices such as phones, tablets, cameras, e-books and laptops are fully charged as airport security may ask you to switch them on.

It's with the "essentials" most of us get it wrong when doing last-minute packing:

- ✓ Passports/visas. Plus copies, which should be placed inside your checked in luggage
- ✓ Electronic copies of travel insurance documents
- ✓ Electronic and physical tickets/boarding passes
- ✓ Itineraries, including accommodation address details
- ✓ Local currency and credit/debit cards
- ✓ Mobile phone, plus details of mobile phone package being used abroad
- ✓ Tablet/iPad/e-book/camera, plus chargers for all electronic devices, including an international travel adapter and a USB charger
- ✓ Medication



APOTEK
KITCHEN+BAR

THE HOME OF ICELANDIC SEAFOOD AND LAMB

APOTEK Kitchen+Bar is a casual-smart restaurant located in one of Reykjavík's most historical buildings. We specialize in fresh seafood and local ingredients prepared with a modern twist.

APOTEK KITCHEN+BAR // Austurstræti 16 // 101 Reykjavík // apotek@apotekrestaurant.is // apotek.is

