



...where smart medicine and exotic travel come together

2042 Laurel Valley Drive
Vernon Hills, IL 60061
Phone: 877-876-3373
Fax: 847-680-0484
www.medretreat.com

PACKING TIPS

1. Security and Keeping Details Safe

Scan your passport, passport photos and paper tickets (if not the e type) in. Store this (in an email for e.g.) in your web based email account.

You can also store the details of your emergency 'lost card' telephone numbers in your web based email account so you know who to contact if your credit card or ATM card is lost or stolen.

This way, even if you lose everything, you have immediate access your important information. You can even email the details page of your passport to the embassy or consulate when applying for a new one.

2. Split up your valuables

Split up your bank cards, cash, travelers' checks and credit cards as much as possible in different pockets, your bags and wallet when packing. In case you do get robbed, at least you won't be strapped for cash (unless you have all your bags AND your wallet stolen of course!).

3. Small Bottles

Use small bottles to pack toiletries and other small items. There are several sturdy and (very nearly) waterproof ones, with clear/see through ones being preferable (easier for security purposes post August 2006). You can also use small bottles to repack shampoo or lotions so that you don't have to always carry a big bottle with you. This is especially useful if you normally take these items in your carry-on luggage, which as of early 2007 is much more restricted than before.

4. Backpack Tips

When you are packing things into a backpack, place the lighter items at the bottom and the heavier ones on top. Your bag will feel lighter this way as the pack rests on your lower back. It is also smart to place the things you use the most on top. Dirty clothes are perfect to pack at the bottom of a backpack.

5. Plastic Bags

It is always handy to have a few plastic bags around certain items, especially toiletries. Not only does it counter any leaking, the bags can also come in useful to keep dirty clothes in, as garbage bags or even as a makeshift umbrella. Ziplock or other airtight plastic bags are the best.

6. Pack in Plastic

Pack everything in clear plastic bags (preferably zip lock), divided into items e.g. underwear, t-shirts, shorts etc. before packing in your suitcase or backpack. One plastic bag for each type of clothing. This is extremely useful in various ways. When you unpack your bag you just take out a series of bags and you

can see immediately what you want. So an overnight stay somewhere just means taking 1 item out of a bag - no rummaging!! In addition, if you have to unpack at customs etc, instead of having to disgorge all your clothing etc out in front of everybody, you can calmly take maybe 5/6 bags out, the contents of which can be clearly seen by the officials. To repack then is also very easy!

7. Clothes

Pack only what you know you will use and if you are traveling for more than three weeks, plan to wash on the road.

8. Split up clothes when traveling with others

When you are flying somewhere and especially if you have a few stopovers, divide the clothes between different suitcases/backpacks/bags etc. If one persons' luggage doesn't arrive at the destination, they'll still have clean clothes available. Airlines generally don't compensate lost luggage for the first 24-48 hours so this will save you money if it happens to you.

9. Separate Beach Bag

When packing to head to the beach (if your procedure allows) consider pre-packing whatever you might need at the beach into a beach bag inside your backpack or suitcase.

10. Suitcase lovers

For those using suitcases without a divider. A piece of cardboard makes an excellent divider and helps keep your clothes organized and neat, as you are able to lay them out flat on the cardboard. It also makes airport inspections a lot less of a hassle as you can lift out your divider with clothes on top easily.

11. Gifts

While it is a good idea to take some small gifts with you while traveling, pre-wrapping them can be a waste of time if you are flying and your bags are opened.

12. Flashlights or Torches

When packing a flashlight (or any other item with batteries for that matter), turn the batteries around so that if the item is accidentally turned on, you won't empty the batteries. Don't forget to turn the batteries back around when using the flashlight.

13. Shoes

If you want to make sure everything else in your bags stays clean and odor free, place the shoes inside old socks and then inside airtight Ziplock bags.

14. Carry-On

Keep any medication and important papers in your carry-on bag. On long flights with multiple stopovers (especially if flying via London, LA or other major airports), packing a fresh change of clothes is a good idea as bags tend to get delayed or lost on long haul, multiple stop flights. You don't want to end up stuck without medication, clothes or your important papers even if it is just for a few days.

15. Roll Technique

Somehow it seems that bags will hold more if the clothes are rolled rather than folded. If you roll in tissue paper, the clothes will also get less wrinkled.

16. Traveling to warm destinations?

If you appreciate cold drinks think of using a six-pack cooler as a toiletry bag. Once you arrive at your destination and unload your toiletries your 'toiletry bag' guarantees cheap cold drinks on the beach, no matter how remote.

17. Local Tourism Offices

The best source of information is usually local. Check out Tourism Offices to find unbiased feedback on the best accommodation to suit your needs.

18. Minimize on toiletries

Take only half a tube of toothpaste rolled up tight, store shampoo in small containers, only take half a roll of toilet paper (for emergencies only) and crush it so the middle is folded.

19. Packing List

Ready to start packing? Or is there still more trip planning to be done? Check out our Packing List to help you get the most out of your trip by planning well and packing everything.

