

Packing List for Extended Travel

I know it can be extremely difficult but it really does pay to travel light, especially if you are going away for a long time and will be traveling between different countries. It seems a contradiction, but the longer you intend to be away, the less you should pack. There are a number of reasons for this, the main one being that every time you move locations you will be required to carry your luggage with you. You may have to fit it into quite small cars and other modes of transport. Many airlines charge for each piece of luggage, so the less you carry the better. All airlines weigh the luggage, too. If your bags are overweight, you can end up paying a very high price per pound or kilogram.

- GPS/ SatNav with either world maps or definitely maps of the country you are visiting
- Lightweight electronic notebook
- Smart phone
 - Some prefer to take laptops or smart tablets. This is individual preference.*
 - I recommend that you take the device which is as light as possible.*
- Three outfits
 - Choose a couple of casual mix-and-match outfits and one that can look smart/ semi smart.*
- Two lightweight shawl scarves
 - These can be used to change the entire look of an outfit.*
- Raincoat
- Black trousers
 - These can be worn as smart or casual depending on the tops worn with them.*
- One handbag
 - Roomy is the main goal here*
- One makeup bag with one mascara, a few eyeliners shadows and one blusher and one foundation
- One tube of toothpaste
- One deodorant
- One swimsuit and sarong
- Power adaptors
- Car phone charger

I tend to travel with one suitcase, one computer case and, of course, my trusty handbag/ purse. My suitcase is not too large and is on four roller wheels so that it glides easily with minimalist effort, which is great after long flights and journeys. In addition, I travel with a computer case on wheels. This not only houses my small computer netbook but also all the electrical and technological gear which I take with me.

I find I mostly mix and match tops and bottoms, and include sleeveless tops that can be worn in hot climates yet can be worn just as successfully as undergarments in cold climates under a long-sleeved top. I include one opaque yet very light dressing gown and one quilted body vest for cold climates. Three or four lots of underwear are all that is required. One coat is usually enough. As my one coat, I usually take a loose fitting good quality raincoat that has plenty of room for me to layer up underneath if required in cold weather, looks presentable anywhere, can be packed tightly yet never creases, and keeps me dry and ventilated in a hot climate.

Shoes and sandals take up lots of room in the suitcase. I tend to spend a lot of my walking time in my training shoes and take only one other pair of shoes and one pair of sandals. I also tend to wear my training shoes to travel, and when traveling I put my other pair of shoes and sandals not in my suitcase, but in my computer case.

I take all my passport and travel documents. I have a printout of all electronic flight tickets purchased. These are sometimes required at airports when security will ask to see proof not only of your present flight purchase but of your ongoing flights purchased so that they know you have not only booked to enter the country but also to leave it again.

I take some spare A4 paper and all my travel documents. I also usually have a few other documents such as bills with serial numbers I wish to pay while away. I separate all my documents using very lightweight plastic folders. I find it keeps them from tearing and curling up, and it is easier to find documents if they are separated by category in the plastic folders.

For men there really is no need for suits and ties anymore (unless of course you have planned to attend a formal event) and if there is a surprise event to attend, you can always borrow or hire clothes or buy them even from second-hand shops.