



43%
of GHME
readers
surveyed travel
1-3 times a
year

Packing SMART

Don't spend your next holiday stranded overseas without your favourite heels, facing a messy pile of junk that's near impossible to root through, or jumping on your suitcase to help it shut—try our expert packing tips to ensure that crumpled, excess baggage is now a thing of the past

PHOTOGRAPHY BY KATE LEWIS • WORDS AND STYLING BY YI-HWA HANNA



TRAVEL BUG, NOMAD, JETSETTER—I've been called them all. As someone who loves to travel—so much so that I even started a blog (FootlooseAndFamished.com)—packing smart has become an essential habit for me. While my friends mock me for it, I make lists before I go on a trip—what clothes I'll be wearing (taking into consideration re-usable items and when and where I may be able to do laundry), what accessories, cosmetics and tech items, and of course, a little room left for souvenirs on the way home. Stuffing boots and shoes with socks and small scarves is a no-brainer, and my go-to “airplane uniform” never changes: comfortable trousers, easy slip-on shoes, minimal jewellery, and a cover-up in case the plane gets too cold (which it always does). A good journey can make or break the start or end of a holiday, which is why we've spoken to the experts for the tips and tricks that'll make sure your next vacation is smooth sailing.

“I think a lot of people over-pack,” says Tiffany Eslick, Group Editor of Etihad Airways' Inflight Media. As someone who typically heads overseas for two weeks a month, Tiffany's got her travel wardrobe down pat: “I try to stick to a colour scheme—generally neutrals, blacks and denim, which I can mix and match. I [also] try to take as little jewellery as possible, but the

pieces I do take, I put in a special jewellery travel bag for protection and safekeeping.”

Khaled Abou Hichme, Account Manager for popular luggage brand American Tourister with Landmark Group, agrees that thinking through the packing process is essential: “Planning right is the only thing you can be sure of while travelling. There is a possibility that you might over-pack, but personally I believe that’s always better than under-packing.” So how do you strike the right balance? Make a list, of course!

“Check the weather, talk to people who have travelled to the destination you’re going to, and make sure you have travel insurance—and if you have time, keep a travel diary so the information you glean from your trip can be useful to someone else in the future,” Khaled advises. Both Tiffany and Khaled suggest rolling clothes that wrinkle easily, and going with a carry-on on shorter trips and a checked-in bag for longer trips. “No matter how hard I try, though, something *always* leaks or spills,” Tiffany laughs. “So I usually opt for miniature sizes of toiletries and, depending on the destination, buy any extra products there.” If you’re concerned about feeling fresh on board, facial wipes are a great go-to, Tiffany suggests, adding that it’s smart to wear the weight while flying, too: “Always carry or wear your heaviest items of clothing if you have luggage limitations.”

Staying organised is also key: Items like garment bags and shoe bags not only protect items, but also keep things neat and easily-accessible once you reach your destination. Wrap fragile items in your thickest clothing, then place them in the middle of the suitcase: In their video series and micro-site, “The Art of Packing,” luggage maestros Louis Vuitton recommend packing shoes, bags and pouches on the bottom layer; shirts, trousers and coats on the second layer, and dresses, skirts, cardigans and other small items on the top layer. Visit their website for more great tips on packing various different types of bags, and folding tricky items of clothing. Whatever you do, don’t forget your passport! ■



LITTLE AND LARGE
Invest in an expandable suitcase for versatility

71%
of you prefer check-in over carry-on luggage



LINEUP
Arrange shoes heel to toe, and in a protective bag



43%
of you never leave home without a shoe bag

How to fold a shirt

Hate folding shirts? Follow these easy-peasy steps for shop-worthy results in no time.



STEP 1
Do up every second button, and smooth the shirt out, ensuring there are no wrinkles.



STEP 2
Turning the shirt on its front, fold it from where the shoulder centre and collar meet, to the tail.



STEP 3
Fold the sleeve back so it lines up with the body fold’s line, and a triangle forms at the shoulder.



ROLL WITH IT
Fold adorned items inside out, and roll up softer items

57%
of you like taking as much makeup as you can fit in your bag

ALONG THE GRAIN
Fold items in line with their natural shape, e.g. pleats

64%
of you prefer folding over rolling clothes



CHAIN REACTION
Tuck chains into soft leather bags to avoid scratches



STEP 4
Smooth out wrinkles in the centre, then fold over the other arm in the same manner.



STEP 5
Fold the front-facing shirt from the tail end up, so it's folded in thirds (two folds up).



STEP 6
Smooth it out, flip it over carefully, and your neatly-folded shirt is good to go!



STEP 7
"Place one shirt with the collar facing up, and the next face down with the collar at the opposite end, so the collars don't flatten," Khaled says.