



PACK SMART, PACK LIGHT

And Still Look Hot and Fabulous

By A TRAVEL CREW

INTRODUCTION



PACK SMART, PACK LIGHT *And Still Look Hot and Fabulous* is the goal for a less stressful travel experience. As flight crew members and Certified Travel Agents, we travel a lot. We see how difficult and expensive checking luggage can be today. Captain Reitz and I have a passion for and promote travel, but encourage smart travel. Traveling 3-days, a week or a month with only carry-on luggage is not only possible, it's economical and helps reduce stress. Let's face it, traveling is stressful these days but YOU can do something about it. Want to know how? In this e-book Captain Reitz and I give you insider information, tips and techniques that will help you reduce your travel stress.



Before we get started, there are just a few TSA rules to cover.

First is the size of a TSA approved carry-on bag. The dimensions are: 22" x 14" x 9" (56cm x 36cm x 23cm). Each passenger is permitted one carry-on item and one personal item such as a purse, briefcase, computer bag, diaper bag or an item of similar size. All flight crew members pack everything they need for a trip in one TSA approved carry-on bag plus one tote (which is the one personal item). We use and highly recommend **Travelpro USA FlightCrew2 Collection**, Pilot Expandable Rollaboard item #3423 and Flight Tote item #3402. Rollaboards come with attachment J-hook, ID tag and attachment strap; the tote with a clip-on shoulder strap.



Remember, Rollaboard bags must fit inside the bag sizer at the gate so don't overstuff. The gate agent will require that your bag be "gate checked" to your final destination if it won't fit in the bag sizer.

Next the 3-1-1 rule. All liquids, gels (including creams) and aerosols must be in 3.4 ounce containers or less. The containers must fit in a one quart clear zip bag. Each passenger is allowed only one bag through airport security. With certain exceptions for prescription and over-the-counter medicines, baby formula and breast milk, the 3-1-1 rule applies.

Remember, carrying aerosols (such as hair spray and shaving cream) onboard are dangerous and should be eliminated if possible. In the alternative, packing travel friendly 1.5 ounce aerosol hairspray by **TRESemme** and 2 ounce **Gillette Foamy** shaving cream are great alternatives. These and other travel friendly size products are available at *Target* and *Walmart* from \$1 US.

Ladies, instead of using liquid foundation (which is one more thing in your 3-1-1 bag) I have found a powder foundation (pack in your makeup bag) containing SPF 21 sunscreen that is amazing. It is by **cle de peau BEAUTE**. The refill is \$120.00 US. A beautiful case is available for \$65.00 US. Remember "less is more", this product goes a long way. If you live in or around Naples, Florida, visit Karen Riley, Beauty Specialist, *Saks Fifth Avenue* at Waterside Shops. Karen is fabulous; she will help you choose just the right foundation shade. In addition, Karen can help you with your other travel cosmetic and beauty needs.

Additionally, our e-book 'Top 10 Ways to Avoid Being "HELD UP" At Airport Security', discusses ways to get through airport security quickly and with the least amount of hassle. It's worthy of a quick review here.



Remove all your personal items from your body and clothing such as keys, cell phones, wallet, etc. and place them in your carry-on bag prior to arriving at the security checkpoint. By placing these items inside your carry-on bag they will not be loose in the bin and unattended while you are in the full-body scan machine.

Don't wear jewelry until after you get through security. Keep it in a separate bag inside your tote for easy access.

Wear slip-on shoes for easy on/off; remove your jacket, sweater, and scarf; and place them in a bin with your 3-1-1 zip bag on the conveyor belt for X-ray screening by the TSA security officers.



Backscatter X-ray device



X-ray screening conveyor belt



Millimeter Wave Scanner

Packing flat is ideal for proper screening by the TSA. Packing properly requires organization and efficiency. Wearing bulky items instead of packing them will help conserve precious space. As a bonus, wearing your jacket, sweater or coat will help keep you comfortable in the airport and on the plane. Wearing dress shoes, high heels, or other hard to pack footwear will also help maximize packing space. We'll talk more about this in a later chapter.

- ❖ Makeup remover and eye makeup remover are just two more things to carry in your one quart zip bag.

Try **Olay daily facials deep cleaning cloths** available at *Sam's* and *Walgreens*. They are available for various skin types. The best thing is that they are dry cloths that lather when wet so they don't have to go in your one quart zip bag.

If you like something ultra-lightweight and enriched, **Bare Minerals Oil Obsessed® Total Cleaning Oil** comes in 6.0 fluid ounces with a retail price of \$30.00 US. The Cleanser is available at Sephora, online or at www.bareminerals.com. Just a reminder, be sure to put the Cleanser in a 3 ounce container. Wow, two supplies for the price of one!

- ❖ Lavender oil for aching legs and feet; cuts, burns and bruises; and relaxing bath.

Rub your bare feet and legs with a few drops of lavender essential oil to relieve aching limbs. To help heal cuts, burns and bruises, lightly rub a drop or two of lavender oil directly on the wound. Repeat this for several days to improve healing. Add 5 to 6 drops of lavender oil to a warm bath to relax after a busy day flying or touring.

- ❖ Peppermint oil for headaches, upset stomach, and breathe refresher.

Do not touch your eyes after you have peppermint oil on your fingers or hands; wash your hands first. Lightly massage your temples for several minutes with one drop of peppermint essential oil on your index finger. You will feel a cool sensation and your headache will naturally fade. For an upset stomach, 5 drops of peppermint oil in a cup of hot water, stir and sip slowly. As a breathe refresher, one dash of peppermint oil in your mouth. Zero calories but still fresh and exciting.

- ❖ Mix lavender oil and peppermint oil to reduce swelling of the ankles and feet.

Mix equal parts lavender oil to peppermint oil (6 drops each). Rub bare feet (top and bottom) and ankles in an upward motion toward your heart for several minutes. The oil does not sit on top of the skin; it penetrates to relieve the swelling.

- ✓ Essential oils are available at most health food stores such as *Whole Foods* and vitamin stores like *Sunshine Discount Vitamins* www.vitamin-discounts.com, the *Vitamin Shoppe* and *GNC*. I buy a large bottle and pour a 3 ounce supply to carry along on my trips.

Reminder, you must put this liquid in your one quart zip bag.

- ❖ Baby wipes for all kinds of messes and things.

Keeping your hands and things you touch clean and fresh will help reduce colds caused by germs. Baby wipes available in bulk at *Costco*, *Sam's* and *BJs*, come in resealable packages and refillable plastic containers. And best of all, no need to pack them in your 1 quart zip bag; do carry them in your tote for easy access.

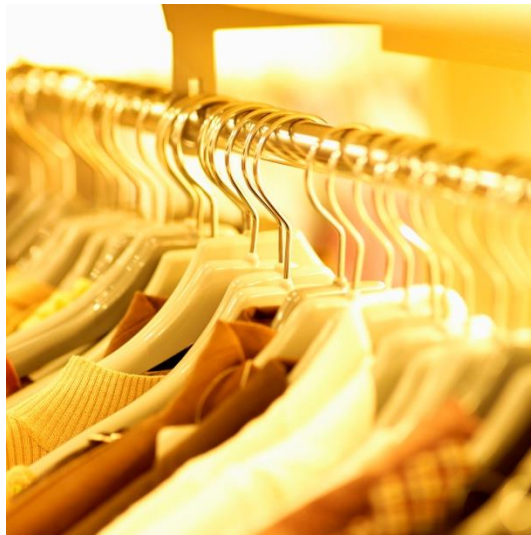
- ❖ Fly-away hair?

Dryer sheets aren't just for the dryer these days. Wipe your hairbrush with a dryer sheet to control static. Need a little more control, use the dryer sheet directly on those fly-aways.

- ❖ Dryer sheets are wonderful for keeping your luggage smelling fresh.

Put a dryer sheet or two in the lining of your carry-on bag and you won't have to worry about odors. Remember; put one in your laundry bag too.

We'll discuss doing laundry later but here's one more quick tip. Use the complimentary shampoo, soap or shower gel to wash your nylon stockings, socks, underwear and other unmentionables. For delicate fabrics, **Woolite** is available in individual packs. A box of individual packs can be found in the laundry aisle at *Target* and *Walmart*. I have 3 packs in my 3-1-1 zip bag. Most hotels and resorts have added retractable clothes lines inside the tub/shower area in the rooms. Take advantage of this great feature by hanging your hand-washed items to dry overnight.



SO WHAT DO YOU PACK?

It's important to ask yourself a few questions before we head to the closet.

Where are you going?

What are the local customs at your destination?

What is the season at your destination?

What activities will you be doing?

How long will you be gone?

Although these are seemingly obvious questions, your answers to these questions will help form the checklist we will use to gather items for packing.

Your destination may have particular local customs which will dictate the appropriate wardrobe. In our e-book "Dress Etiquette for Egypt & Jordan", we list wardrobe recommendations for men and women. Egypt and Jordan are just two of the Arab countries where appropriate clothing is not only necessary, it's also proper protocol. Knowing "where" you are going is paramount to knowing "what" to pack.

Pauline Frommer (**Pauline Frommer's Guides** are available at *amazon.com*) and Arthur Frommer's travel guides **Frommer's** are invaluable resources when researching your destination. Sterling Travel Travel Managers are available to help you plan your packing checklist if you prefer to talk about your selections.

If your destination is a cruise, be sure to ask your Sterling Travel Travel Manager to send you our e-book "7 Things You Need to Know About Packing for a Cruise".

Just because it's summer where you live doesn't mean it will be summer at your destination. If it's summer in North America it will be winter on the other side of the equator (South American, Africa). For example: a hot summer day in Naples, Florida will be a cold winter day in Santiago, Chile and Windhoek, Namibia in Africa. The local weather and extended forecast for your destination are available by searching the internet. Your Sterling Travel Travel Manager is a wonderful resource to find out the season at your destination as well.



Do you have an iPhone? Two free apps that will help you plan your trip and wardrobe are: "Weather" powered by *The Weather Channel*, and *lonely planet* City Guides (now available in the UK). We use these apps when planning our trips too.

So you think you're not the checklist kind. Let's take a look at how easy it is to make a checklist. Make a list of the things you are likely to do on your trip.

Activities

- Sightseeing
- Shopping
- Workout in the gym
- Fancy Dinner

Business

- Meetings
- Cocktail Parties

Special Activities

- Theatre
- Mosques
- Wine Tastings

Choosing the right outfit and accessories for each occasion can be downright confusing and packing can get out of hand. Remember

how popular "core wardrobing", "mix and match" and "color coordinating" was in the 80's? Well it's back, and more important than ever to use this technique to **PACK SMART, PACK LIGHT** *And Still Look Hot and Fabulous*.

Let's go over the basics. Your core wardrobe consists of the basic garments in your wardrobe that other clothing and accessory selections should be built around. The core wardrobing system will help organize your current wardrobe to stretch your mix and match wardrobing possibilities. Accessory items will add a new dimension to your current wardrobe. An outfit can go from day to night just by adding a piece of fun, chunky jewelry, a Pashmina shawl and a small evening bag.

Here's how we pack....For short trips (1-3 days) Captain Reitz and I choose one neutral base color (black, brown, blue, gray or khaki) for slacks and one to three coordinate shirt(s). For medium trips (4-6 days), two neutral base colors and four to six coordinate shirts; and for long trips (7-30 days) we pack three neutral base colors and five to seven coordinate shirts. This allows us to pack one pair of casual shoes, usually black or brown, and black accessories such as a belt, hat, purse.

Depending on the destination and length of the trip, I allow one pair of slacks for every third day and one shirt for every day to a maximum of seven. I lay out on the bed everything that I plan to pack for both of us. Referring back to my checklist I start with neutral slacks, coordinating shirt, underwear and socks for each category. Editing is essential - remove duplicate outfits and instead, plan accessories to change up the look.

Shoes always take up tons of space. If you need high heels and men, dress shoes, on your trip, wear them to your destination. Pack an extra pair of casual shoes like flats or pumps for sightseeing in shoe bags. Flip Flops are great for lounging around and don't take up much space but still should be in shoe bags.

Save space by storing sport socks inside shoes. Put pantyhose in a zip lock bag, roll the bag tightly and store inside your shoes.

If you still like to workout on your trips like I do, then you're going to love this tip. Adidas Women's MI Speed Trainer 3 shoes are the best workout shoes for traveling. Placed in a shoe bag, they compress nicely and stay compact when tied together. The new designed shoes are priced from \$95.00 US. These shoes are available at Adidas online: <http://www.adidas.com/us/women-training-shoes>



Our image and style consultant, Cheryl Lampard, founder of **Style Matters International**, says it best, *"Stick with a base color that you can build all your outfits around. Neutrals will be more versatile. Don't even think about packing any outfit that requires it's own shoes and special accessories (unless it's for a wedding or other such occesion)."* Cheryl also said *"...The latest season's hot color that goes with nothing else in your bag, should remain at home."* Be sure to check out Cheryl's website at stylemattersinternational.com and register to get **BARCODES**, her monthly newsletter filled with great content.

Packing the right fabrics is as important as packing the right color. Clothes that pack well for traveling are so important to maximizing packing space in your carry-on bag. No more wrikles, opt for travel jersey and other fabric blends that resist wrinkles. Recently I found beautiful, flattering outfits and separates by designer Susan Graver.

Her Liquid Knit fabric is amazing! It folds, rolls and packs without creases and wrinkles plus it's totally affordable. I'm hooked and you will be too I guarantee it. Susan Graver fashions are available exclusively at QVC. If you are a *Chico's* woman, check out their **Traveler's Collection** available in store and online. The catalog company, *TravelSmith*, has the **Voyager** line; supreme packability, mix-and-matchability and possibly the best travel clothing and gear I've seen recently except for Susan Graver. You can even shop online at TravelSmith.com.

High-priced designer fashions, although beautiful, don't pack and travel well. Why worry about a snag or a pull on your favorite knit sweater or a tear on your best slacks? Instead, check out **TJ Maxx**, **Marshalls** and outlet malls for designer labels at perfect prices. This way, if something happens it won't ruin your vacation. Still want to bring that awesome silk blouse? Think about washable silk...it looks great, feels wonderful, resists wrinkles and best of all you can wash that stain right out of your blouse. But, if you insist upon packing that silk blouse, we have a packing trick for that too. Lay your silk blouse on a sheet of white tissue paper, fold it gently and place in a zip bag. Zip the bag closed to prevent it from falling out of the bag. This should be the top item in your Rollaboard carry-on bag.





FASHION ACCESSORIES

A basic outfit can go from drab to fab and day to evening with just the right accessory. There's nothing better than looking totally hot and fabulous for every occasion. But where to start!

One essential element I bring on every trip is a lightweight wrap (Pashmina shawls). This is where you can go trendy with color because at \$10.00 US they are a bargain. Available at **BIJOUX TERNER \$10 Shop**, located in almost every US airport, you can choose from a rainbow of colors.

I keep one in my tote at all times. This is truly the most versatile item in my bag. Made of 100% Viscose they are lightweight, yet can provide warmth on a cool evening and in flight. They can be worn with evening or daywear, in winter or summer.

Here are just a few examples of how I wear my Pashmina shawl.



...as a scarf around my neck or over my head in cold weather;

...as a headdress for religious and cultural customs requiring women to cover their heads;

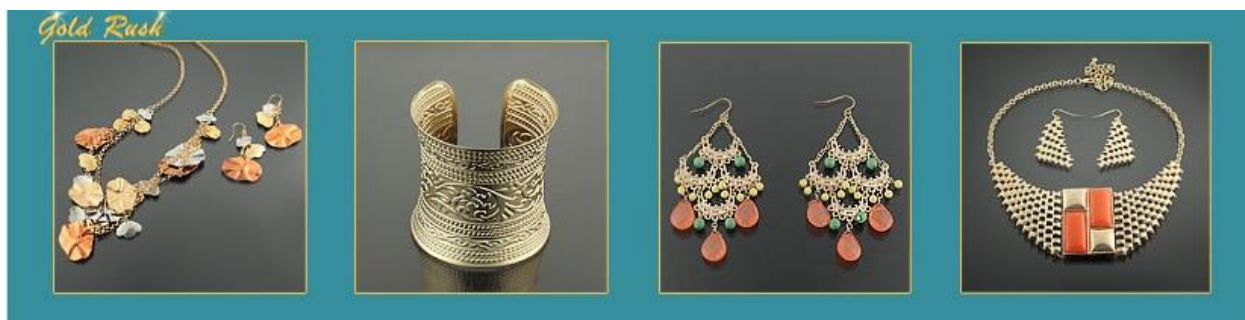
...as a shawl to cover shoulders and arms;

...rolled up as a neck pillow; and

...as a beach or pool coverup.

Accessorizing is the name of the fab game. Whether it's scarves, hats, belts or jewels, accessories make the outfit. Most guestrooms are equipped with safes. Be sure to input your personal code and test it before you put anything inside. At night the safe is a great place to store your wallet, passport, car keys and any other valuables you brought on your trip. Take a copy of your passport with you while sightseeing and leave the original in the safe.

"Carefree" on vacation means not having to worry about your best jewels. Opt for fabulous fauxs instead. There are a variety of accessory shops like **Sam Moon**, **Ooh La La!**, **All That Glitz**, and **Cleopatra's Barge** where you can find the same fine jewelry look for a fraction of the price. No need to file an insurance claim if a stone falls out or you lose an earring. Go wild, be creative, it's your vacation after all.



If you're looking to substitute a precious stone ring, then you owe it to yourself to look at **Park Lane** rings. You can shop online at <https://www.parklanejewelry.com>. For beautiful contemporary jewelry that is definitely a "**SMART PACK**" item check out Premier Designs Jewelry. They have a basic rope style necklace that can have five different looks for about \$100.00 US. You can look for this style and many more at <https://orderpremier.com>

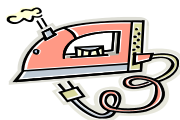
I use a jewelry roll to hold all the jewelry for the trip. It's compact enough to carry in my tote. Never pack your jewelry (faux or otherwise) in your carry-on bag and definitely not in any checked

luggage. *Pottery Barn* has a beautiful jewelry roll for just \$79.00. To shop online go to <https://www.potterybarn.com> and check out the McKenna Leather Travel Jewelry Portfolio.



Eliminating extra clothes is so efficient. Almost all hotels, resorts and cruise ships have laundry facilities and many provide dry-cleaning services. There is, however, an additional charge for professional laundry and dry-cleaning services. Many properties and ships also have self-serve coin operated launderettes with soap dispensers. You smart packer brought your own dry sheets. Coin changers are typically located in the launderettes.

Do you want to know one of the secrets to **PACK SMART, PACK LIGHT** *And Still Look Hot and Fabulous?* On long trips plan a laundry party half way through your journey. Washing, whether by hand, at the hotel, around the corner at the Laundromat or onboard your cruise ship, is a quick way to get more mileage out of the same outfits. This little tip will save you mega space in your carry-on luggage.



No need to carry an iron with you. Irons and ironing boards are available in the launderettes and/or in most guestrooms. Cruise ship luggage security will confiscate an iron from your checked bag thereby delaying the delivery of your bag to your stateroom.



HIS & HER'S

His Toiletry Bag and My Make-Up Bag

It seems like everything goes in the 3-1-1 zip lock bag so what could be left. There are a few extra things such as:

- Antiperspirant/deodorant* (.5 ounces invisible solid);
- Q-tips* in a handy plastic carry box
- Gold Bond Body Powder* (1 ounce plastic shaker bottle);
- Toothbrush;
- Brush;
- Comb;
- Razor and blades (make mine disposable)
- floss; and
- Tylenol

*travel size available at *Target* and *Walmart* for \$1.00 US or less

In addition to the above items which Captain Reitz and I both carry in our bags, I have a few more things. Following are the additional items in my make-up bag.

- cle de peau BEAUTE powder foundation in a beautiful case;
- cle de peau BEAUTE stick concealer with make-up sponge;
- Eye Styles THE BASICS eye shadow collection;
- MONO duo eye liner/brow crayon;
- Cover Girl professional loose powder;
- Mosaic Bronzing Powder (also used as blush);

- cle de peau BEAUTE black mascara;
- cosmetic brush set travel size (powder, blush, 3 eye shadow, brow, and tweezers);
- nail buffer and emery board; and
- cotton rounds soft, lint-free

The dimensions of my make-up bag are 12 inches x 7.5 inches x 2 inches. It is clear plastic with 2 plastic handles. Everything in my make-up bag is packed flat so it can be easily examined by the TSA security officers. I also pack separately a small makeup bag to hold hair clips, "scunci" no damage by *Conair* and a chignon.

You can pick up a bag similar to mine at *Jet.com*. It's called "**Switch It by Nan Mini Handbag Organizer**". The dimensions are 9 inches x 5 inches x 2 inches, clear PVC, multiple outside pockets plus a zipper pocket and comes with a fully lined small makeup bag. Best of all, the price is \$19.68 US.



I also saw a hanging cosmetic case that measures 12 inches x 9 inches folded which looks positively adorable and functional. It is made of polyester with inside lining, a Velcro® closure and 4 inside zipper pockets. Best of all it wipes clean with a damp cloth. All this for only \$29.99 US. Although it's not clear, it does have a hook attachment for hanging and an embroidered monogram at no additional charge. The cosmetic case is called "**Hang It Up Cosmetic Bag**" and is available at *Personal Creations* <https://www.personalcreations.com>

Make-up does matter even if you only apply the basics. Besides helping your face to retaining precious moisture, foundation also keeps other elements from penetrating your skin. No matter where we travel or what activities we do (camel riding, white-water rafting, etc.) I always apply some make-up...besides; I always want to be camera ready.

Our make-up artist, Dani Taverna, is a genius. In addition to being extremely talented, she also has a very impressive resume. Best of all she lives in Naples, Florida. You can find her at Duality Makeup Artistry <http://dualityartistry.com>

My bags are always packed and that includes my make-up bag too. However, as Dani suggested, outdated, old cosmetics have to go and are replaced with fresh, new ones to help keep me looking my best even on the road.



So how do you pack everything?

Okay, I know what you're thinking...."She said to pack only one Rollaboard and one tote, but how do I fit all this stuff in?" Right now it feels like a Rubik's Cube; however, with a few insider tricks it all fits perfectly.

Your tote is your new best friend. Everything you need at your fingertips fits in your tote if you optimize the space. Your

Travelpro USA FlightCrew2 Collection Flight Tote is designed with multiple zipper compartments and pockets.

Here's an inside look at my tote...you can do the same.



Outside front zip pocket: Boarding Pass and travel documents

Front zipper compartment:

clear zip pocket:

- ✓ zip lock bag with individually wrapped *Imodium* and *Alka-Seltzer*
- ✓ business card case
- ✓ *iPod* with adapter
- ✓ zip lock bag with jewelry for after security checkpoint

large compartment:*

- ✓ jewelry roll
- ✓ amenity kit containing: ear plugs, sleep eye patch, travel socks, 1 packet *Earl Grey* tea, 1 packet *Chai Organic Black Tea*, 1 packet sugar (to stop hiccups...it works by interrupting the impulse pattern)

- ✓ small lightweight blanket

*on long trips this is where I pack my make-up bag

inside pockets:

- ✓ sunglasses and zip lock bag containing plastic cutlery with napkin
- ✓ reading glasses
- ✓ baby wipes in plastic box

Back zipper compartment:

fabric insulated zip pocket:

- ✓ wallet
- ✓ coin purse

large compartment:

- ✓ flip flops in a shoe bag
- ✓ sweater
- ✓ 3-1-1 zip lock bag
- ✓ Passport/ID/Document pouch
- ✓ Snacks
- ✓ To-Go coffee cup

inside pockets:

- ✓ cell phone, sewing kit
- ✓ flashlight, *eclipse* peppermint sugar free gum, *Pepto-Bismol* caplets, earphones, *Tide* to Go pen, 2 straws, lint brush, ID clip tag and 3-minute workout exercise reference card
- ✓ *Prada* first aid kit containing: *Band-Aid* brand adhesive bandages in several sizes, *Dramamine*, *Sudafed PE*, *Pepcid EZ Chews*, *Oral-B Stages Kids' Flossers*, *Halls* cough drops (small supply in zip bag), Ginger tablets (for gas and bloating) and *Kyolic* cold-pressed garlic capsules (for heartburn), emery board, 2 AA *Energizer* batteries

Outside back zip pocket:

Travelpro has made packing this area a no-brainer. Its design is perfect for office/business stuff like pens, pencil, highlighter, calculator, note book, paper clips/binder clips and sticky note pad. I always bring a paperback book and legal pad but not magazines they weigh a ton. Want to lose 10 pounds on your next flight. Read your magazines and leave them on the plane.

I didn't forget about those dryer sheets. I keep my supply in a zip lock bag inside the back zip pocket with my spare car key.

P.S. Remember, hang an identification tag with your current contact information on the handle. Many bags look alike these days, distinguish your bag with a colorful accessory like a handle wrap or bandana.

P.S.S. Place your **Travelpro** Flight Tote under the seat in front of you on the airplane.



THE BAG!!!

Does this look familiar? Those days are over...for good! Packing "the bag" is easy, now that you followed the tips, tricks and techniques we discussed earlier.

The length of your trip depends largely on the packing style you choose. There are two styles:

- First, the single layer style for short trips; and
- Second, the "Lincoln Logs" style for long trips ranging from 7 to 30 days.



Leave the hangers at home.

In both styles the clothes are rolled tightly. By doing so, you can get up to eight pairs of slacks on the bottom layer and coordinate tops in an alternate direction on the top layer. Place your shoe bag at one end with your dual-voltage curling iron and build from there. I'll cover packing specialty items like silk/knit blouses, etc. a little later on in this section.

Other methods are:

Airtight packing. Flatten the clothes into sealed, airtight bags.

Although this may sound feasible, altitude plays funny tricks on airtight bags, and while you think your clothes are sealed and won't get wet if your bag is in the rain or whatever, unfortunately that may not be the case. Some airtight bags require a vacuum to suck out the air...good luck getting housekeeping to suck your bags.

Ship Your Bags. Sounds like a great idea so you don't have to worry about all this pack smart, pack light stuff until you really investigate the cost, the time, and the effort.

Although you would pay the airline roughly \$120 roundtrip for your first checked bag up to 50-pounds, it will travel with you; especially on international flights where a positive bag match is required by

the TSA before a flight may depart. Additional checked bags, as well as oversized and overweight bags, are subject to excess fees. These fees vary among airlines.

Likewise with other luggage shipping companies, FedEx, UPS and even USPS, shipping charges are based on size, weight, delivery time and date. Yes you guessed it, the amount adds up. An agent at FedEx told me that a standard, 40-pound suitcase from New York to San Francisco delivered in five days would be approximately \$54.00 US one way.

As an example scenario: shipping your bags to Aruba to sidestep the airlines sounds like the idea of the century, but....

- Will you get to Aruba before your bags?
- Will your bags get to Aruba before you and nobody at the resort knows what to do with them so they go missing?
- Will you be in Aruba for days before your bags arrive?
- Will you want to stop your Aruba vacation early so you can pack your bags to ship home?
- Will you find someone at the resort to handle shipping your bags (will they really get delivered to the shipping company)?
- Will you hire a taxi to drive you to and from the shipping station in Aruba so you can take care of this yourself to make sure your bags get home?

This is just one example and a few questions that make that "Shipping Your Bag" thing not look so promising. TALK ABOUT STRESS....OUCH!!!

So how do I *really* do it? With only two hours from receiving an assignment call to signing in for my trip, being pre-packed and efficient are a must. I'll show you what things are in my Rollaboard at all times.



Here's a special insider look at how I pack for a trip.



Step 1...layout the plan



Step 2...add the essentials



Step 3...start building



Step 4...top it off



Step 5...close it up

You see, with the right planning, the right luggage, the right packing, and the right Travel Manager, you too can go from

this...



to this...



Whether you fly or cruise these easy, simple tips and techniques from our Rollaboards to yours will help reduce your travel stress. Life is stressful enough, travel should be FUN! Let's put the fun back in to vacation.



We welcome the opportunity to be your Travel Manager.

*Bon Voyage,
Captain Doug and Gala Reitz
Sterling Travel Group*

Captain Doug and Gala are nationally known authors, speakers and trusted authorities on the subject of travel. To schedule them to speak at your upcoming meeting or conference call 239-592-7233.