

Ninety North



SUGGESTED PACKING LIST for travelling light

Essential Accessories (depending on your destination)

Camera, binoculars
Fishing rods, tackle, bait
Wildlife & birding guide books
Sun creams, Sun hats
Swimming cozzies
Insect repellent
Sunglasses
Sewing kit
First Aid kit/Medications (you may need a copy of the doctor's prescription)
Travel shoe-shine kit

CLOTHING

Check the weather at your destination but be prepared for sudden changes!

Remember the 4 "bottoms" and 10 "tops" rule! If you have access to dry cleaning and laundry facilities, these coordinated items COULD last you for up to 30 days, looking different each day!

No more than four pairs of shoes for the ladies (one pair sandals for warm weather, walking shoes, court shoes, boots if necessary). For the guys, wear a pair, pack a pair!

For a casual journey, consider packing:

Shorts
t-shirts, golf shirts
tank tops,
cotton shirts/blouses
linen/cotton slacks
jeans (and cut-offs)
sundresses
cardigan

sweatshirt

rain/bush jacket
takkies/running shoes
hiking boots
boating shoes

For a business Trip consider packing

Shirts
Blouses
vests
Jacket
Coat
Slacks
Trousers
t-short, jeans
Skirts
dress
ties
shoes (ladies, include court shoe, sandal, walking shoe – all the same colour to match your chosen neutral)
takkies/sport shoes
gym clothes

Everytime:

pyjamas
underwear
socks
toiletries & shaving gear
face creams
hair brush
make up
travel dryer
plastic ziplock bags – different sizes (for wet clothes and shoes)
thin, lightweight coat hangers

PASSPORTS, unabridged birth certificate for all children under 18, letter from absent parent(S) giving permission for child to travel.

Car registration papers (if travelling across borders)

Copy of passport – keep separate

Now **HOW** to pack to arrive crease free and ready to go!

Lay ALL your “tops” (including dresses for the ladies) flat on your bed – with those that crease the most underneath (i.e t-shirts and knits on top) lay sleeves naturally outwards.

Put all your “bottoms” together, with best at bottom of pile, jeans and shorts on top. Now starting at the waist band, roll all pants and skirts together in a fairly tight roll.

Now lay this roll of “bottoms” across the shoulder line of your “tops”. Fold all sleeves across the top of this roll on both sides. Now roll up all your tops with the bottoms inside!

You can now fit your shoes, accessories, toiletries etc. in the case next to your clothing roll. No fold marks when you unpack!

If you are travelling to a cold climate, carry your coat with you so you can be instantly warm on arrival.

Whatever you don't want to carry or lug around the streets of your destination, don't take! Be strict with your neutral theme and add colours with shirts, blouses, ties and scarves. Don't be tempted to add another pair of shoes and a handbag. Remember you may have to carry your case up endless flights of stairs in the London underground.

Ladies, remember a few silk scarves can do wonders to change your “look” and can be surprisingly warm to have around your neck – and will freshen up those neutrals that are the basics of your travel wardrobe.