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10 Ways to Pack Less

Avoid headaches and fees at the airport with tips from Grand European Tours and packing expert Susan Foster

Lake Oswego, Ore., September 8, 2008 – Changes in today’s luggage requirements by airlines means changes in packing habits for many travelers. Packing too much or too heavy translates into unwelcome baggage fees and delays. Luckily, there are easy ways to cut back and still arrive at a destination well dressed and well prepared.

Grand European Tours, experts in escorted travel for boomers and beyond, has over 30 years experience in providing easy, worry-free travel experiences.

To help travelers sail through airport check-ins, the tour company has partnered with Susan Foster, author of *Smart Packing for Today’s Traveler* (www.smartpacking.com) to provide the very best in expert packing ideas. Travelers can now pick up a free copy of the book when they call and request a free catalog from Grand European Tours. The 248-page book of tips normally retails for \$19.95.

“Proper packing plays an important role in the success of a trip, now more than ever,” says Hans Sohlstrom, president of Grand European Tours. “We are pleased to partner with Susan Foster and share her invaluable tips with our customers.” Grand European Tours and Foster are both located in the Portland, Oregon area and have worked in collaboration for the last few years.

For those looking to travel lighter, Foster offers these 10 tips:

10 Ways to Travel Lighter:

- 1. Take versatile clothes you can wear several times.**
A blazer worn on the plane that can also be worn casually with jeans or dressed up for dinner is a good example. Another practical piece is a denim shirt that can be worn as a shirt or light jacket, or over sleepwear as a robe. A different outfit for every day is a travel luxury; it’s best to mix and match a few versatile pieces.
- 2. Plan everything around a basic color.**
Choose medium to dark, neutral solid colors for your main wardrobe so each item will go with everything else. Add colorful accents – a red sweater, a denim shirt, a gold metallic top – to change mood and add variety.

3. **Choose thin items over thick.**
A turtleneck plus a cardigan sweater is warmer, more versatile and packs smaller than a sweatshirt or bulky sweater.
4. **Pack fewer pieces if you will have access to laundry facilities.**
Seven changes of underwear will work for two weeks with a stop at a coin-operated laundry halfway through the trip. Or invest in high-tech underwear made of comfortable wicking fibers that can be washed in your hotel room; it will dry overnight. Pack only three pair (one to wear, one to wash and a spare) and plan to do hand laundry.
5. **Select simple, narrow and shorter pieces.**
Cut down on bulky folds and save on space. These pieces also wrinkle less.
6. **Take more tops than bottoms.**
Every top should go with every bottom. Tops weigh less and take less room than bottoms. Tops are also easier to launder.
7. **Pack only the cosmetics needed.**
Buy sample size cosmetics or transfer the amount needed to a small container. Cosmetics often represent half of the weight of a fully packed suitcase.
8. **Take only three pairs of shoes.**
Wear one pair and pack two. Shoes are a very bulky item.
9. **One handbag for all occasions.**
The perfect purse is small and lightweight (a microfiber bag is excellent), not too dressy, and contains only the basics required for that day: lipstick, comb, hand sanitizer, tissues, glasses, daily cash and a credit card.
10. **Ship your items.**
Door-to-door luggage service (one-way or round-trip) is a convenient way to travel without any baggage. These services pick up your luggage at your home and transport it to your destination. They are also an option if you want to lighten your load en route and send some luggage home before you return. Fed-Ex and UPS are another option.

To request a free catalog containing a complete listing of all tours, departure dates and prices from Grand European Tours and receive a free copy of Susan Foster's book, *Smart Packing for Today's Traveler* (www.smartpacking.com), while supplies last, call 1-888-522-3950 and mention offer "Travel Light" or visit www.getours.com.

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Grand European Tours

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Smart Packing for Today's Traveler is available in bookstores, libraries, travel stores, from online bookstores and by calling 503-452-9384 or by visiting www.smartpacking.com. Published by SmartTravel Press.