



## A-list packing tips that really work

First learn the science of packing. Here are the basics:

- Lay everything out before you pack. Zip or button jackets and shirts as it helps to keep them flat and you can check all the fastenings are working. Pack a few padded hangers, because wire ones could ruin your favourite outfits.
- Pack in layers. Line the base of the case with the pieces you want to keep the flattest; go for trousers and dresses on this layer and pack them with tissue or dry cleaners plastic wrapping. In the middle layer put jackets and tops folded with tissue to reduce the wrinkle factor. Place a layer of bubble wrap and tissue to protect delicate fabrics. Finally, pack heavy things on top to keep everything else in place.

How not to over-pack. Mastering the fine art of taking only what you need.

- Keep a travel notebook with lists of what to take. You can tick it off as you pack your case – and keep your little journal from year to year as a useful reminder of holiday must-haves.
- Make a note of holiday outfits that work. Liven up a few simple outfits with belts and baubles and light wraps, so you won't feel the need to pack all 10 pairs of your trousers, and 14 tops...!

How to fly like you're in First, and what to take in your hand luggage.

- Long-haul travellers should think of their seat on like a bedroom. Bring everything you need to make it comfy. Include a soft pillow scented with linen spray, tea-tree oil spray for warding off germs, warm socks, facial wipes, toothbrush and toothpaste. NB Don't forget your toothbrush cover! You don't want fluff on your toothbrush at 30,000 feet. Take ginger capsules for a natural travel-sickness remedy.
- To beat jetlag, the trick is to book a flight that lets you sleep while it's night time in your destination.

More packing genius... Other things you might not have thought of.

- Leave an empty corner of your suitcase (easier said than done, but have a go). Fill with bubblewrap and so you will have somewhere to put your souvenirs and holiday bargains on the way home.
- The A-list secretly swear by perspiration pads which you can stick under the arms of your favourite dress to stop nasty sweat stains. Find them in the lingerie department of a department store.
- Take scented body oil rather than perfume. It lasts longer in a hot climate.
- Tuck a USB stick with scans of essential documents (including travel insurance documents, and your passport), and keep it separate from all your important documents, in case of emergencies.