

TED'S TRAVEL TIPS #3

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Packing for travel

Your air tickets are confirmed and your hotel room is booked. Next comes, for some people, the most stressful bit about travelling – what to take with you!

THE new jeans might be too hot. Those favourite shorts might not be warm enough. What if the weather suddenly switches and you have nothing to wear? You cannot possibly slip on the same pair of shoes for 10 days – or can you?

Tough decisions! It's not enough that we worry about planning the trip, now there's added anxiety about what to pack. Well, let Ted help you with some ideas.

If you are going on vacation in a warm climate, the following essentials will go a long way:

> Clothes – Comfort should be your first priority. So, your favourite pair of jeans and a comfy pair of shorts are a must. Don't forget to pick out a lovely dress for an evening out. The rest can be lightweight tops, a pair of swimsuits and matching accessories to complete your look. Include a shawl or cardigan in case the nights get chilly. Guys, just throw in a couple of jeans, shorts, T-shirts, a nice dress-shirt and you're good to go.

> Shoes – Your comfy favourite pair will do. Pack your sneakers and wear flip-flops.

> Beauty – Don't forget your toiletries and moisturiser; wet wipes (never underestimate their use); contact lens solution; and sunblock with the highest SPF.

> Gadgets – Don't forget the chargers for your mobile devices. No fun having to reduce your photo mementos simply because your device ran out of juice!

> Health supplements – Keep your immune system pumped up with your vitamins and prescription meds.

> Recreational essentials – A good book always comes in handy for some holiday reading. A deck of cards can make for a fun and quiet evening in. And of course your iPod with your favourite music to create added magic during your holiday.

These items will see you through a worry-free, relaxed holiday and save some space in your luggage for that long-awaited shopping spree.

Most importantly, remember to get yourself protected with travel insurance – there is nothing like a lost piece of luggage to ruin a perfectly planned getaway. A good travel insurance will ensure your belongings are covered and give you the peace of mind to delve right into your vacation.

Now, you are ready to pack your bags and board that flight!



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