

# PACK LIKE A PRO GUIDE





#### STEP 1: KNOW YOUR LIMITS

CHECKED BAGS	CARRY-ON BAGS
TOTAL # ALLOWED:	TOTAL # ALLOWED:
COST FOR ADDITIONAL:	COST FOR ADDITIONAL:
SIZE RESTRICTIONS:	SIZE RESTRICTIONS:
WEIGHT LIMIT:	WEIGHT LIMIT:
PERSONAL ITEMS	MISC. BAGS
TOTAL # ALLOWED:	TOTAL # ALLOWED:
COST FOR ADDITIONAL:	COST FOR ADDITIONAL:
SIZE RESTRICTIONS:	SIZE RESTRICTIONS:
SIZE RESTRICTIONS:	SIZE RESTRICTIONS:
SIZE RESTRICTIONS:  WEIGHT LIMIT:	SIZE RESTRICTIONS:  WEIGHT LIMIT:
WEIGHT LIMIT:	

## STEP 2: ACQUIRE THE RIGHT EQUIPMENT

#### **CHOOSE YOUR PREFERENCES BELOW**

HARD OR SOFT BAGS?	WHEELY BAG OR BACKPACK?
NOTES	NOTES
ORGANIZATIONAL ACCESSORIES	
PACKING CUBES/ORGANIZ	ER NOTES
TOILETRY BAG	
ELECTRONICS ORGANIZE	R
PASSPORT/WALLET HOLDI	

### STEP 2: ACQUIRE THE RIGHT EQUIPMENT

The **top lid** should have enough space for daily essentials. Some convert to fanny or day packs.

**Compression straps** stabilize the load and allow you to strap on any extras.

A **side zip** allows you to access your items more easily than a top-loader alone.

Water bottle pockets should be accessible while your pack is on.

The **hipbelt stabilizers** allow you to snug the load close to your body.

These loops are handy when carrying odd-size items, such as, walking sticks.

**Load lifters** draw weight closer to your back. Adjust these after tightening should straps.

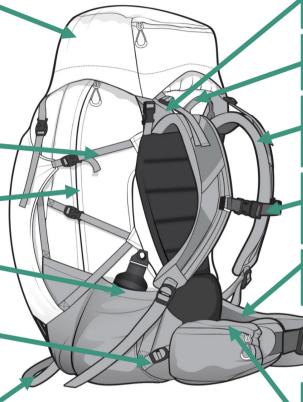
The **haul loop** allows you to lift the pack while lessening strain on the straps and seams.

Tighten the **shoulder straps** after tightening the hipbelt. You want to be able to fit at least two fingers under the straps.

The **sternum strap** should be just tight enough to keep from slipping. If this strap is too tight, it can cut off arm circulation.

The **hipbelt** should be tightened first! The belt should wrap securely around the tops of your hipbones.

The **hipbelt** pocket is a good place to store your phone, lip balm, or other essentials.



#### **BACKPACK SPECIFIC RESEARCH NOTES**

### STEP 3: WHAT TO PACK

BEFORE MAKING YOUR FINAL PACKING LIST, CONSIDER THE FOLLOWING:	NOTES	
CONSIDER THE FOLLOWING:		
WASHING OPTIONS?		
DRESSING IN LAYERS?		
MIX & MATCH OPTIONS?		
MULTI-PURPOSE GARMENTS?		
FABRICS:		
CLIMATE:		
SEASON:		
WEATHER FORECAST		

#### STEP 3: WHAT TO PACK

#### **DRESSSING IN LAYERS**



#### **MIX AND MATCHING**



#### **STEP 4: PACK WELL**

REMEMBER TO
NEVER CHECK ESSENTIAL ITEMS, SUCH AS
MEDICATION CREDIT CARDS  PASSPORTS JEWELRY  ID CARDS ELECTRONICS  MONEY OTHER VALUABLES:
PACK A CHANGE OF CLOTHES IN YOUR CARRY-ON
PLACE HEAVIER ITEMS AT THE BASE OF YOUR LUGGAGE
ROLL, DON'T FOLD YOUR CLOTHES
SAVE SPACE FOR SOUVENIRS
TAG YOUR BAGS

### **ENJOY YOUR TRAVELS!**



