



TOP TRAVEL TIPS

YOUR COMPLETE DIABETIC PACKING GUIDE

For more information visit: [www.top-travel-tips.com](http://www.top-travel-tips.com)

## About Top-Travel-Tips.com

Top-Travel-Tips.com is a travel advice website offering practical travel tips. Our focus is on four key areas: Plan your perfect trip, Find your perfect trip, Travel accessories, and Practical travel tips.

We also offer advice and reviews on travel related products that can enhance your travel experience further. All the content on our website is unique and written by us.

We at Top-Travel-Tips.com are very passionate about travelling and we like to share our travel experience with you. We encourage you to visit our website [www.top-travel-tips.com](http://www.top-travel-tips.com) for further information and travel advice.

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Top Travel Tips **Packing Guide** offers general practical packing tips and advice about:

- **What To Pack** - What you must have in mind when choosing clothes, toiletries and gadgets to pack for your trip
- **How To Pack It** - Explains the different packing luggage methods and how they work in practice

At the end of this guide, you will find printable **Packing Checklists**, including a special packing list for diabetic travellers.

## 1. What To Pack

Airlines are getting stricter about luggage allowances all the time. They are not only charging higher fees for overweight, increased number of airlines are starting to charge separately for all check-in luggage.

**Travelling light** has never been more appealing. Not only makes it travelling easier in many respects, it can also save you money in check-in fees.

Travelling light is though not always an option. Nor is it necessarily what you want. You might want to take a little bit more with you than is strictly necessary.

Maybe you can do without the second formal wear but you want to take both... just in case you changed your mind. Or you might want to bring few items of luxury with you... you could live without them but you do not want to.

The best packing advice is to start with the **items you know you will need** - packing checklists are helpful with this. If you have free space / weight allowance left then you can use it for your optional extras / luxury items.

### 1.1 Which Clothes To Pack

The climate at your destination, what you will be doing when you get there and the length of your trip will determine which clothes to pack.

You will have to pack very differently if you are going to Brazil or Iceland, or if you are going on a skiing trip or romantic city break. While the length of your journey is fundamental in how much clothes you need to pack.

On shorter trips, you might want to pack enough to last you throughout your trip, i.e. without having to do any laundry. You should be able to fit into one suitcase enough clothes to last you for 2 - 3 weeks.

For longer journeys, you will have to fit in some laundry on the way, fortunately that is usually not that difficult.

Few practical things to have in mind when choosing which clothes to pack for your trip:

**Lightweight clothes** are ideal for travelling. The lighter the clothes are, the more you can pack. Did you know that average jeans weigh about 750 grams (26.5 oz) while lightweight travel trousers can weigh as little as 285 grams (10 oz).

**Wearing layers** is the best way to deal with variations in temperature. Layers give you more flexibility, as you can add or remove clothes as needed. There are excellent technical layering clothes available that are lighter and take less space in a suitcase than heavy coats or pullovers.

Wrinkled clothes are constant concern of travelers. The packing method you use can help **minimize wrinkling** but the fabric in your clothes is also important. To test the fabric take it in your hand, squeeze hard, and see how quickly the fabric “bounces” back. Only pack clothes in fabric that bounces back.

Clothes that **dry quickly** are always good idea. Especially if you will be doing your own washing and must count on everything being dry the following morning.

**Reversible clothes** can double your clothing choices without increasing your luggage weight too much. This is especially useful on longer journeys when you might get bored with the limited choice of different outfits.

You can also get more different outfits from fewer items of clothes if you pack clothes in **few colors that mix**.

Modern travel clothes tend to be lightweight, wrinkle resistant and dry quickly, making them ideal for travelling.

## 1.2 Which Toiletries To Pack

You should minimize toiletries as much as you can, as they can be surprisingly heavy when all added together. Typical toiletries, i.e. shampoo, conditioner, perfume bottle, deodorant, toothpaste, etc, can easily weigh up to 2.5 kilos, or 88.2 oz.

You should aim to take only **the amount of toiletries that you will need** to last you through your trip as it does not make sense to be bringing back unused toiletries. Instead of packing full new shampoo container just put the amount you need (and little bit more) into a smaller container. Take half a tube of toothpaste and roll it up tight, etc.

Consider **not bringing some toiletries at all**, i.e. those that you will not necessarily need. You might for example bring your hair conditioner but leave your deep hair conditioner at home... with the electronic toothbrush.

Another option is to **buy what you need at your destination**. It might even be cheaper... depending on your destination. However, some destinations might not have available the products you are used to, or they might be more expensive.

Always place all toiletries in plastic bags to prevent leakage. Leaked perfume bottle or shampoo container could easily ruin your favorite garment – it is not worth risking it.

### 1.3 Which Gadgets To Pack

Electronic gadgets, like mobile phones, laptops, iPad, GPS equipment, DVD player, e-book readers, digital cameras, etc, have quickly become part of everyday necessities.

These gadgets tend to be **expensive** so losing them might have big financial impact. They also come with all kind of cables and different charges that all adds to the luggage... making travelling light even more of a challenge. Electronic gadgets are also **vulnerable to damage** so you must be careful how you pack them.

Ask yourself carefully **which gadgets you need for your trip**, i.e. which gadgets will make your travel more efficient and enjoyably.

Also, ask yourself if you are willing to risk losing a particular gadget and if not... make sure your **insurance** covers you adequately.

There is also other travel gear to consider, some of it can be necessary depending on the purpose of your journey. Going on a golfing vacation means that you are likely to bring your golf set with you, while hiking shoes and walking poles are essential if you are going on a hiking holiday.

This means you will have to be travelling lighter on other fronts, i.e. be extra vigilant when packing your clothes and electronic gadgets. You might want to consider renting the necessary travel gear at your destination, this is for example common practice on skiing holidays. You can also rent many electronic gadgets as well, e.g. cell phones and GPS equipment.

#### What To Pack It In

Now you have decided what to pack, do you have the [Right Luggage](#) to pack it in? Top Travel Tips offers advice on how to choose the right luggage that suits your travel needs.

## 2. How To Pack Your Bags

Even more importantly than what to pack is how to pack. Whatever packing method you choose, it is all about making the most of the limited space available, i.e. to fill all space as efficiently as possible.

There are three key packing methods: folding method, rolling method, and bundle wrapping.

### 2.1 The Folding Packing Method

The most traditional way to pack is by folding the clothes, similar as you do when you are putting your clothes in your wardrobe. This will though make the clothes crease when compressed so there better packing methods available.

However, if you prefer folding your clothes when packing then you can **reduce creases** notably by folding one item over another.

Take two or more items of clothes, like trousers, and lay half of one pair on top of the other. Fold the one on the bottom over the one on the top. Then take the other and fold it on the top. This gives each pair some support where you have folded it, making them less likely to crease or wrinkle in the folds.



### 2.2 The Rolling Packing Method

Clothes are less likely to crease if you roll them rather than fold them. They also take less space this way.

Rolling works well with most clothes. Lay each item of clothes face down, fold back the sleeves if applicable, and then roll from the bottom up. You can put a rubber band around them to make sure they stay rolled up.



### 2.3 The Bundle Wrapping Packing Method

The best way to pack your bags is to use the bundle wrapping method. As the name suggests bundle wrapping involves wrapping your clothes around a central core object, avoiding the folds that cause creases.

Not only do your clothes come out of your bag less wrinkled, you can also pack more clothes using this method than with the other more conventional packing methods.

The bundle wrapping method is a little more complicated than the previous packing methods and it can take some practice to get perfect. It is though not as complicated as it might look at first glance. Just **follow the 10 steps** for bundle wrapping:

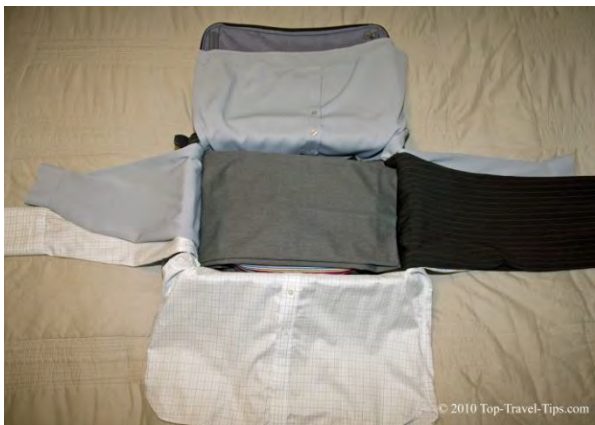
1. Gather together all the clothes you are taking before you start packing as adding clothes afterwards can mean you have to start all over again
2. Arrange the clothes so the larger more wrinkle prone garments will end up on the outside of the bundle and the less easily wrinkled pieces closer to the core
3. Lay the first item flat in the suitcase without folding
4. When you have neatly arranged this item flat put the next item on top of it, put it in the opposite direction from the first item
5. Allow sleeves, pant legs, skirt lengths to hang over the edges as you stack more and more clothes
6. Make sure that collars and waistbands touch the suitcase edge as this enables more items to fit into the bundle
7. Select an object to form the core of the bundle. An organizer pouch e.g. [Packing Cube](#) with your underwear, socks, bathing suits and other small loose items is a logical choice
8. Put your chosen core object on top of the pile of clothes you have stacked
9. Now you start wrapping up your bundle. Start with the last item you placed, neatly wrap the ends of that item across the core bag on top of the pile. Wrap sleeves, pant legs, skirts lengths over you core and work your way down to the bottom of your stack
10. Now place your remaining luggage items, like shoes, around the perimeter of the bundle

What you will end up with is a bundle of all of your clothes that looks like a pillow. You can pick it up in one piece.



When you arrive at your destination, you work in reverse order to unpack your wardrobe. To find specific item in the bundle, lay it flat and unwrap until you reach the layer you want. Take the item out and refold the remainder.





### Luggage Top Travel Tips

There are many different [Types of Luggage](#) available. There are suitcases, trunks, trolley cases, spinner luggage, roller cases, garment carriers, totes, duffel bags, mobile offices, etc.

Top Travel Tips offers advice on how to choose the right luggage for your travel needs.

### 3. Packing Checklists

#### 3.1 General Packing Checklist

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### 3.2 Packing Checklist For Diabetics

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<a href="http://Top-Travel-Tips.com">Top-Travel-Tips.com</a>	
<p><b>Travel Documents &amp; Money</b></p> <ul style="list-style-type: none"> <li>Travel tickets, itinerary, booking confirmations <input type="checkbox"/></li> <li>Passport and visa <input type="checkbox"/></li> <li>Travel insurance policy <input type="checkbox"/></li> <li>Medical card <input type="checkbox"/></li> <li>Vaccination card <input type="checkbox"/></li> <li>Driving license <input type="checkbox"/></li> <li>Maps, directions <input type="checkbox"/></li> <li>Travel money / payment cards <input type="checkbox"/></li> <li>Wallet / money belt <input type="checkbox"/></li> <li>Letter from your doctor explaining your diabetes <input type="checkbox"/></li> <li>Copy of all travel documents <input type="checkbox"/></li> <li>Medical history / list of all medications <input type="checkbox"/></li> <li>Frequent flyer card <input type="checkbox"/></li> <li>International student card <input type="checkbox"/></li> <li>Other discount cards <input type="checkbox"/></li> <li>Emergency contact information <input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>	<p><b>Toiletries &amp; Health</b></p> <ul style="list-style-type: none"> <li>Shampoo, conditioner, soap and washcloth <input type="checkbox"/></li> <li>Hair dryer and hair styling products <input type="checkbox"/></li> <li>Toothbrush, toothpaste, dental floss, mouthwash <input type="checkbox"/></li> <li>Deodorant, perfume <input type="checkbox"/></li> <li>Moisturizer, lip balm <input type="checkbox"/></li> <li>Make-up and remover <input type="checkbox"/></li> <li>Comb or brush <input type="checkbox"/></li> <li>Small mirror <input type="checkbox"/></li> <li>Shaving equipments <input type="checkbox"/></li> <li>Nail file, clippers, tweezers <input type="checkbox"/></li> <li>Cotton swabs <input type="checkbox"/></li> <li>Toilet paper <input type="checkbox"/></li> <li>Feminine hygiene products <input type="checkbox"/></li> <li>Antibacterial hand wipes <input type="checkbox"/></li> <li>Sunscreen lotion <input type="checkbox"/></li> <li>First aid kit <input type="checkbox"/></li> <li>Insect repellent <input type="checkbox"/></li> <li>Malaria tablets <input type="checkbox"/></li> <li>Prescription &amp; OTC medicines <input type="checkbox"/></li> <li>Contraceptives <input type="checkbox"/></li> <li>Glasses / contact lenses <input type="checkbox"/></li> <li>Other toiletries <input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>
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