



# Stephanie's Packing Process

1. I write out the day of the week and the outfits needed for that day. i.e. Monday - travel to Toronto, Monday night - late dinner & PJs, Tuesday - airport day, Tuesday night - evening attire, Wednesday - day outfit, Wednesday, evening attire...and so on.
2. If there are specific business attire requirements, I can make note of them on this list.
3. I now have a list of events that I need to dress a little better than casual, evenings where casual should be fine, day outfits and my travel to/from airport outfits.
4. I try to stick to neutrals first and add colour when I have room.
5. I also wear layers to and from my destination - including a scarf or shawl that I can put over my shoulders on the plane when I am cool or to add another layer when I am chilled.
6. I now pull together each outfit - completely! Underwear, coat/topper, jewellery, shoes.
7. I put the jewelry on my jewelry roll bag, the underwear on top of the folded outfit and the shoes to the side to be packed separately.
8. Each outfit pile goes on a large surface, my bed, spare bed or sofa.
9. Now I review...Can I re-purpose any parts of any outfit? Is there a consistent colour scheme? For mixing and matching or layering. Can I change up any of the outfits so I don't need as many shoes? Is my colour scheme work better for silver tones or gold tones? Adjust jewelry accordingly.
10. Then I work on my toiletry bag (which is usually pre-stocked). I just double-check that I am not missing anything, make sure makeup colours match and narrow down to bare minimums. I make a list of whatever I need to purchase before I leave.
11. If I know that I will be needing to check a bag, I always choose the largest one to try to go without a carry-on (aside from my big purse, of course).
12. I roll up/fold each outfit together (depending on the fabric) - without underwear, accessories or shoes.
13. If you want to - and can find them in a store, put each outfit in a zippered packing cube/bag
14. Shoes can all go in their separate shoe bag or packing cube and go in the bottom of the suitcase (bottom when standing to put the weight at the bottom of the suitcase)
15. Starting from the last day - add the outfits in BACKWARDS order - either front to back or bottom to top, so that the first 2 outfits you will need is easiest to access.
16. Underwear goes in the zippered separate compartment along with PJs and socks.
17. Put every outfit in the large suitcase - except for last 2 outfits (meaning 1st two). These two should either go into your spouse's or friend's suitcase OR a carryon if you are bringing one. Make sure to roll up the underwear in these and add 1 extra pair of shoes and a small ziplock of any accessories or other things you will absolutely need for the first 24-36 hours. NOTE: If in a carry-on, make sure that your liquids are in a medium-sized sturdy ziplock and in the right liquid quantities.
18. I put everything I need for a shower in one bag, makeup in another and other hair stuff (coconut oil, gels, mousses, sprays, gels, etc.) in a ziplock or other storage bag. Hair tools should be in a travelling bag or with covers.
19. I always pack a travel-sized conditioner (or my own brand in a travel container) since most hotel bottles are super tiny, don't condition anything or are not there at all.
20. Other odds and ends - nightlight, corkscrew, insoles, charging cords, adapters, extra biz cards or notebooks, something for laundry storage, grocery bags or ziplock to store dirty shoes or wet bathing suits,
21. AND an extra folded light bag that I can use as a tote AND as a carryon if I end up needing one on the way home.
22. My carry-on/purse is the last thing I pack. I go through make-up I packed and pick out what I would need en route or at my destination if I didn't have my luggage for a couple of days. Liquids go in a ziplock, other items go in a zippered makeup bag. I bring my iPad for reading and movies and my laptop for work. A mini notebook and pen for little notes, my charging cords, my wallet, earphones (noise cancellation!), biz cards, Nexus card, passport