



## How to Pack for a 3, 5, or 7-day Bus Trip

By C. Faye Williamson, trip advisor

The first thing you need to do is realize that you have to pack two different bags. One for inside the bus, which you will keep with you at all times, and one for the luggage compartment outside (below the bus) which will be used in the motel at night. Make sure ALL luggage is **clearly tagged** with your name, address, email address and phone number.

Be sure to dress for the ride. Wear comfortable, loose, warm-fitting clothes, shoes that you can slip on and off easily. For **YOUR COMFORT**, bring a blanket, neck pillow, sunglasses, ear plugs (if noise bothers you), dark eye mask for snoozing, tissues, and sanitizing wipes.

For the inside of the bus, you will need an easy-to-carry backpack or small carry-on that will fit in the overhead space of the bus or under your seat in the bus. This case cannot exceed the 9"x15"x20" long size. **This is the overhead space on a bus.** You must be able to lift your case YOURSELF and it cannot exceed 25 pounds. Here are some suggestions as to what you should carry in this case:

**FOOD-** Bottled water, string cheese, nuts, trail mix, chips, crackers, dried & fresh fruit, breakfast/granola bars.

For your **ENTERTAINMENT-** books to read or audio books to listen to (they are free at the public library.) Get a good player and headphones or ear buds so everyone doesn't have to listen to your Romance or Western novel, bring your tablet and catch up on your email, bring your laptop and

work, continue writing the biography for your grandchildren letting them know what it was like to live "way back in the 50's", knit, crochet, sight-see as you go through the towns, take pictures with your phone, play games on your computer, or watch a movie on your laptop.

The 4-wheel suitcase is the classic travel luggage; you see everyone dragging around at airports and bus stations. Rolling luggage is convenient and easy to carry. They come in a range of sizes, but it's usually best to stick to smaller to medium ones for your convenience. Here, you'll learn how to pack in a minimalist way and only stick to the essentials. The best ways to pack a suitcase are:

The shorter the better. A big bulky suitcase creates the idea that you haven't traveled very much and do not know how to pack accordingly. Additionally, when you do this, you find that you don't use more than half of the things you brought and you are stuck carrying all this stuff around. Basically, I use the 5,4,3,2,1 rule I read about a long time ago.

**Clothes** 5 pairs of socks, 4 tops, 3 pairs of pants, 2 pairs of shoes, 1 jacket. This does not include your underwear (underwear is according to your needs and 1 pair of sleepwear).

Pack your **Toiletries** separately. All motels carry shampoo, soap, usually body lotion so it is not necessary to carry these large 16-ounce bottles with you. If you have to have your brand of something, reduce it to a travel size 3 or 5 ounce container. Keep a different bag aside for all your toiletries as they will fit onto the top of the rest of your luggage. In this bag, along with your toothbrush, etc. contact lenses case, you make sure everything with liquid in it is double-bagged so they don't spill on the rest of your clothes and make a mess. Having all your clothes stained red/blue/green and smelling like Lavoris/Scope/or Listerine is not pleasant. Enjoy your trip, don't beat yourself to death carrying too much stuff.