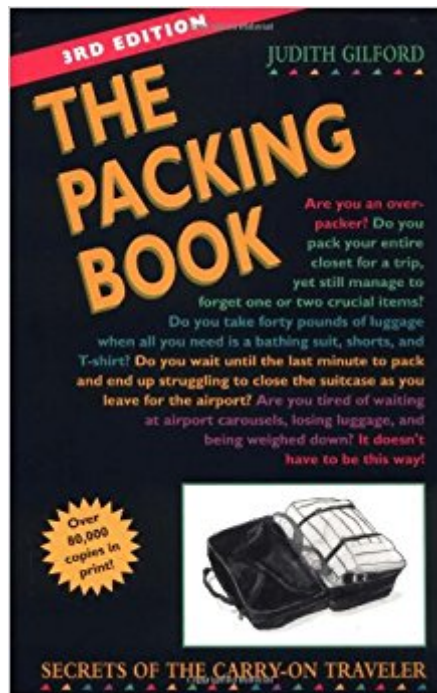




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# The Packing Book: Secrets Of The Carry-On Traveler



## Synopsis

Fully updated for the 21st-century traveler, this definitive packing guide will empower overpackers to throw down their brick-like suitcases and become carry-on pros. The Packing Book reveals the secrets of packing efficiently, with time-saving tips, techniques, and technologies. Packing consultant Judith Gilford describes her famed Bundle Method step by step, so that every carry-on hopeful can achieve wrinkle-free, space-saving perfection. This edition also addresses new carry-on security concerns and guidelines, including what you can and cannot take on the plane. Complete with packing checklists for every kind of journey, The Packing Book will prepare you for beach vacations, business trips, European excursions, and more-without leaving you weighed down, wrinkled, and weary. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

Do you need this book? Ask yourself the following questions: Do you take 40 pounds of luggage with you when all you really need for that beach weekend is a toothbrush, a nightgown, and a swimsuit? Do you wait until the last minute to pack, then end up tucking odds and ends into a bulging bag even as you're loading it into the taxi for the airport? Do you hate spending hours at the baggage carousel or battling for that last luggage cart? If you answered "yes" to any or all of these questions, The Packing Book is for you. In it, author Judith Gilford offers travelers a simple yet radical idea: it really is possible to pack everything you need into a single carry-on bag; all that's required is planning. From choosing the right kind of luggage and the appropriate travel gear (money belts, ear plugs, etc.) to customizing your wardrobe according to the length and type of your

intended travel, Gilford covers all the bases. She provides plenty of checklists so you won't forget the essentials, gives detailed instructions (complete with illustrations) on just how to pack items such as skirts, jackets, and slacks to minimize wrinkling and maximize space, and offers suggestions on packing for children and teens. Medical needs, entertainment needs--even security tips--are included in this invaluable guide to getting the most out of the least amount of luggage. The Packing Book takes the anxiety out of preparing for a trip, and even the most seasoned travelers may be surprised at how much they never knew about packing light. --This text refers to an out of print or unavailable edition of this title.

"This handy guide contains tips on the best ways to pack . . . plus advice for traveling with a computer and a useful list of voltages and electronic outlets worldwide. Even the most jaded traveler can pick up a pointer or two."-The New York Times"It's not a method, it's a miracle!"-The Packing Book readerFrom the Trade Paperback edition.

I discovered Rick Steves back in the late 80's and he was already espousing the concept of taking only one bag while traveling, and doing some laundry in hotel rooms (or visiting a local laundromat) during one's trip. That was a little harder then, when there weren't anywhere near as many options when it came to quick drying fabrics. Also, most luggage made then was meant to be checked - think bags that had only one handle, basically only good for lifting the case from trunk to sidewalk...off the retrieval carousel....and back into a car trunk. If you wanted a different option, you were limited to either a duffel or a backpack, which made you almost scream "student tourist". So while the basic idea of just one bag has been around for a while, when it started, it wasn't actually very easy to put into practice if you didn't want to look like a tourist and didn't want to lug around bags, dangling painfully from the end of your arm. Or if you wanted a more feasible style of luggage, it was usually insanely expensive. Then wheeled luggage came out, and that made things easier for sure, but still made you stand out as a traveler. This is not particularly useful if you want to try to pass as a local in most places. Then divided duffels - that weren't made for outback-style travel and had some modicum of urban style - showed up. In short, luggage just kept getting better and better....and so the concept of just one bag has become truly practicable at last. Problem was, too many people were still PACKING these bags in the old way: big bulky clothes and appliances, etc. I know because my dear husband is one of them. When we would travel, I'd be using just one bag...he'd be lugging around two or three (granted, one of those was a slightly smaller version, what could today be called a daypack or man's bag, but he still wasn't using it properly, IMO - he still

carried his change and wallet and other misc. items in his pant pockets). So in a desperate attempt to show him that just one bag CAN be done, I showed him the website of same name (justonebag.com), but he still wasn't sold. That website lists several books, including this one, so I ordered it from , and now...I have finally convinced him!!! Thanks to this book (and one other one with similar tips and advice), I just bought us each a new bag: a Tumi for me with three compartments and shoulder strap...and a Victorinox with three compartments, shoulder strap, and hidden backpack straps for him. Both have a garment sleeve for one or two hanging garments, and both are 45 linear inches or less. This book is what made that possible. I've now gotten him to agree to all kinds of wonderful things:- sharing our clothes between bags if necessary (why not put his suit jacket in the garment sleeve of my bag if that's where it will best fit?)- packing cubes- mini versions of appliances (with dual voltage built in)- small packets of toiletries instead of bottles or factory packaging- doing laundry here and there- new travel clothes made to dry quickly- and many, many other ideas. This book is what made that possible! First you have to convert 'em, after all! I'm still working on getting him to agree to a daypack or man's bag concept....I've at least gotten him to agree to use such a thing for going through security lines, so I don't have to stand there while he empties his pockets every time and then collects all his stuff at the other side of the screening point, while other people squeeze around him grabbing their bags. Again, this book is what made that small victory possible! While I knew most of the concepts and tips in this book already, a lot of them were eye-openers for my beloved, and yes, I got some new ideas from this, too...and also learned ways to finesse things I'd already been doing. So if you're trying to get someone to believe that this just one bag thing really CAN be done....and/or if you're looking for ways to hone your own packing skills....GET THIS BOOK. It really is almost worth its weight (which is minimal, btw) in gold. Now I get to sell or donate our old luggage at long last!:- the set of four matching bags my parents gave me years ago (small tote and three wheeled rollies in sizes of Huge for entire four person family for two weeks...Giant for three people for two weeks...and SANE size...the only legit carryon size in the bunch, but only good for one person)- his wheeled garment bag (in Giant size)- his duffel (in a size I always considered good for two people for two weeks, but that he would completely fill for just one week)- his other various bags that he's kept around even though he doesn't use them. We've already gained storage space back due to putting all these other bags in my mother-in-law's basement until I either sell or donate them (we live in a 725 sq ft one bedroom condo, and have only one small storage locker for overflow...this was another victory for me the whole getting-him-to-downsize thing - but that's another story). Now our two new bags both fit, stacked, on the top shelf of our (only) walk-in closet, and once we build the new bed platform, with storage in the platform base and move

the bags to there, we'll gain back even MORE useful storage space (after all, isn't the bedroom where you WANT the luggage for easy retrieval, right where you're gonna pack the things?) The "just one bag" concept not only makes traveling easier - easier to keep track of your things while on the go, easier to manage in crowded areas, helps you look more like you're just a local on a short weekend trip instead of a typical American - it also makes storing the luggage a lot easier too. If you are also hesitant at traveling with just one bag, or if you (like me) have a hard-core on your hands that you have to almost OVER prove things to just to get them to be willing to just give something a try...GET THIS BOOK. It will make your job of convincing them SO much easier! And you'll almost certainly benefit from some new tips yourself :-)

5/13/11 UPDATE At the end of March, Hubby had a four day business trip to Miami. He took the Tumi (with just the shoulder straps, not the backpack straps). I admit that I did the packing for him, mostly to get the folding of his jacket, etc., correct to reduce wrinkles, and to ensure that all the liquid carryons were in the required Ziploc bag. He HAD been intending to take the suitcase PLUS his briefcase PLUS carry his usual daily items in his pants pockets, but after I got everything packed (using the tips and instructions in this book, natch!), I was able to show him that he had all the exterior pockets for carrying all his files and papers, as well as the stuff he had planned to put into his pants pockets (I did mention that he's hard-core stubborn about new ways of doing things, didn't I?). It took a bit of wheedling, but I got him to agree to just use this ONE bag (literally!) for \*everything\*. He took the EI to O'Hare, carried the bag on the plane, took the bus at Miami airport to his hotel, and then just reversed it all coming home. Here's the VICTORY FOR ME - when he got home, he admitted that his entire trip (the traveling part) was the smoothest, easiest, and most seamless trip he'd EVER DONE. He kept marveling at how easy taking the EI and bus, and walking through the airport was, and how FAST he got through the security lines :-)

He told me that he was now completely sold on this way of traveling! Now, I don't expect that this REALLY settles the issue; I expect that the next trip, I'll have to do the packing and there'll be some more discussion about how he doesn't \*need\* anything more than one bag. I'll have to remind him of this trip and how happy he was. But hey, this last trip was the first step, so the next step will be easier, and the third step will be easier than that, and eventually, I DO expect that this will stop being an issue altogether. Then I'll get to teach him how to pack his own bag, while I pack mine...but that's another story (and battle ;-)

So: PROOF. Believe me, if I can win MY stubborn-as-a-mule husband over, you can win your argument with your spouse (or other family member). Just get the books, read them all the way through, mention and read aloud some of the tips, show a couple of the diagrams...then take what you've read and put it into action the next time you're traveling. The proof is in the pudding, as the saying goes, but once you prove this by action and experience, you're on

your way to getting your hard-core down to just one bag, too! :-)

Almost all, if not all, the information given in this book is already available, for free, at [www.onebag.com](http://www.onebag.com) BUT, at the website, there is a lot more and deeper insight and thousands of other tips and resources. I used to think that, before writing a book, an author would make an exhaustive research of the already published material, to be sure not to waste precious time (his and his potential readers') writing material that is already written. It's sad to realize that it doesn't happen that way.

I've sent this book to many friends who are going on trips, especially long trips to exotic locales. The last one got it and told me, "it has lists!" She was thrilled because that's how she gets organized. So nice that Judith Gilford made the lists for her--and the rest of us who live by them.

The one thing I dread about traveling is dragging my heavy luggage around. I appreciated the author's solid tips on packing lighter. I'm going to try her bundle packing method in 2 weeks and believe it will work just great. I appreciated her lists and pointing out the things I probably could leave behind. She also listed many websites where I could review and buy luggage and packing accessory items. If I follow her advice I think my next vacation will be a little more pleasant than previous ones. Thanks!

Although I've been traveling and packing for years, Judith Gilford's guide gave me several new ideas for packing light. I recognized myself in the traveller who thinks he must take one of everything...as if stranded on a desert island. There are lists for traveling with children and teens as well as sections on traveling to various terrain and climates. Lists are provided to assist you in packing thoroughly, but wisely. A handy guide helps with the invariable stains you'll obtain while noshing, trekking and exploring. There is a section with FAQ the writer has received in her packing seminars as well as tips from readers/customers such as wearing-rather than lugging-your heaviest outfit, coat or sweater and shoes. A reference chapter gives ideas on wrinkle shrugging fabrics as well as a valuable resource guide for items mentioned in the book, and companies that provide luggage, clothing and accessories. With Gilford's bundling system, it is possible to pack for a week's travel in a carry-on bag, with minimal wrinkling and no need to check luggage. I will incorporate many ideas given here into my not-so-shabby current travel savvy-I would recommend this book to the beginning and experienced traveler for the warm and sage advice.

I travel thousands of air miles (and car and train) per year, and love to travel light. This book has been a standby for efficient packing for years. I keep giving it away and have to re-buy it for myself! I can go on a European trip with just carry-on thanks to the recommendations in this book. I recommend it to anyone who travels any amount at all, but especially to the frequent traveller.

Excellent book! A must read for travelers that hates toting extra baggage!

This has been fantastic book to read in order to pick up strategies for packing lightly. The author does a great job illustrating both with pictures and with words just how to pack efficiently for all types of travel from business to vacation to family trips, and her methods work. There is also a helpful resource list in the back for travel clothing and gear. The only reason I did not give this book a 5-star rating is because it has not been updated since before greater travel restrictions have been applied and enforced in U.S. airline security.

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