

MAKE YOUR VACATION STRESS-FREE!

TRAVEL AND PACKING HACKS FOR SMART TRIPS

THE BEST STORIES ARE
BETWEEN THE PAGES
OF YOUR PASSPORT !



BY BOACAY

BOACAY

TRAVEL AND PACKING HACKS FOR SMART TRIPS

No part of this ebook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission from the author. The information provided within this ebook is for general informational purposes only.

While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in this ebook for any purpose.

Any use of this information is at your own risk. The methods described within this ebook are the author's personal thoughts. They are not intended to be a definitive set of instructions for this Project. You may discover there are other methods and materials to accomplish the same end result.



THE ART OF TRAVELING

WHO IS THIS EBOOK FOR?

The excitement or joy of a new adventure or the stress of traveling every week or month usually puts you face to face with the packing, unpacking or repacking. That can be time and energy consuming along with the classic debate what to wear, what to take and how much should you pack. Plus, there's always not enough room in your suitcase and almost every time you forget something.

We promise that after reading this eBook, your suitcase will shrink, your packing stress will diminish, you'll never forget anything at home and you'll have more time to focus on the experience rather than organizing your travel bag.

Packing smart it's a superpower that everyone wants to achieve to eliminate the stress and time wasting when packing. Plus, it makes you more confident and in control no matter where you are in the world, facing whatever unpredictable situations that often occurs when traveling.

This eBook is for both newbies that don't know what to pack and how to pack and for the traveling experts searching for new tricks and tips for their next trip.

Enjoy the journey as much as the destination!



CONTENT

Chapter 1

Fear or excitement?

Chapter 2

Carry-on Travel

Chapter 3

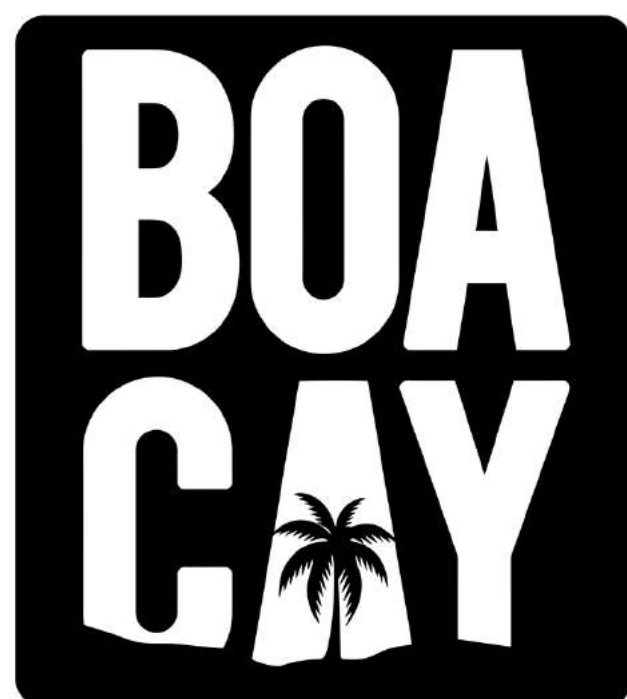
Packing hacks

Chapter 4

Tricks that will change how you pack your toiletry bag!

Chapter 5

Planning your trip



TRAVEL AND PACKING HACKS FOR SMART TRIPS

FEAR
OR
EXCITEMENT?

CHAPTER 1



Why do we pack too much stuff that we end up not using? Because of fear.

With the excitement of going to a new place comes the fear of the unknown and what could happen. Even going to a drugstore in a foreign country might seem intimidating, so we pack every possible pill. You'll never be fully prepared for every scary scenario you might think of. And that's ok! You will get shower gel from German supermarket or headache pain relief from a drugstore in Mexico. Accept the fact that you cannot prepare for every situation that might occur.

THE WHY

Every trip is different! Do you go on a business trip, a weekend getaway, family gatherings? Are you going skiing or opt for a beach vacation?

Do you plan traveling by car, plane, family minivan or train? Can you bring how much bags you wish, or packing light is crucial?

Here's the good news. Following the steps described in this eBook, you can pack all you need to make you feel good and confident in ONE suitcase.

The secret? **BALANCE!** Packing efficiently has never been easier. You've probably made many rookie mistakes, weighed down by too much luggage, brought the wrong items that you've never used.

Depending on where you are going and what you plan to do, you can decide on the wardrobe style that is required.







You can either go on a business trip where formal clothing is required along with some casual outfits for the rest of the time, or you can plan a one week beach vacation, either way you can obtain variety while being efficient when it comes to the items you want to pack.

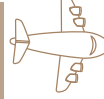






CARRY-ON
TRAVEL

WHEN TO GO CARRY-ON LUGGAGE STRATEGY!

WHEN TO GO CHECKED IN LUGGAGE STRATEGY!

-  **Fear of losing your luggage**
-  **Faster traveling and avoiding lines (check-in, baggage carousels)**
-  **Saving money**
-  **Freedom to go anywhere once you arrived to your destination**
-  **Healthy traveling avoiding carrying big luggage**
-  **Having all that you need with you all the time when traveling**

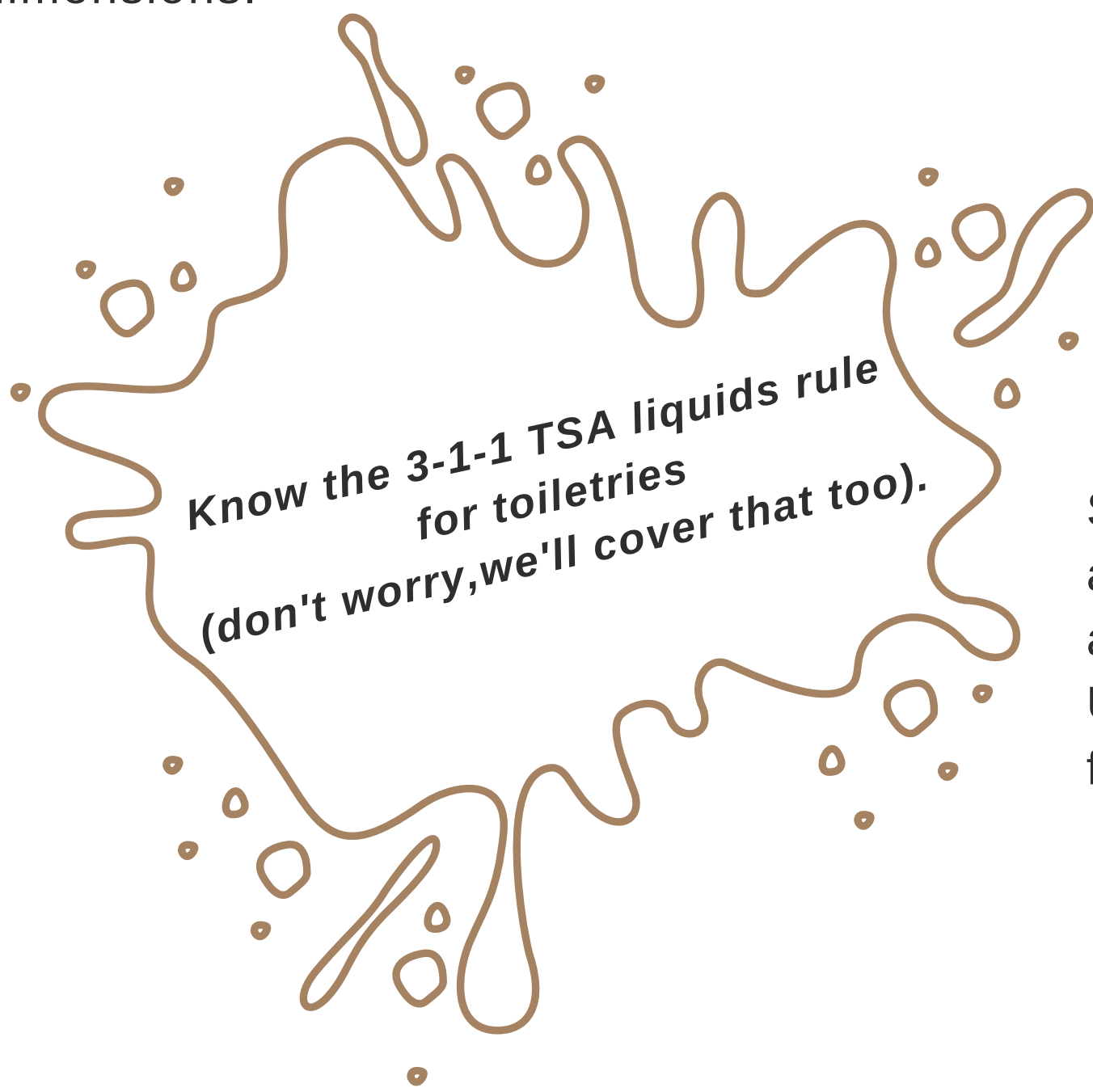
-  **Traveling with kids**
-  **Elderly that find it hard to handle their luggage**
-  **Traveling with equipment such as ski equipment**
-  **Going for an extended period and calling for more luggage**
-  **You just don't want to deal with carrying your luggage**



BASIC PRINCIPLES TO APPLY TO ANY TRIP
WHEN CHOOSING TO TRAVEL
CARRY-ON ONLY!

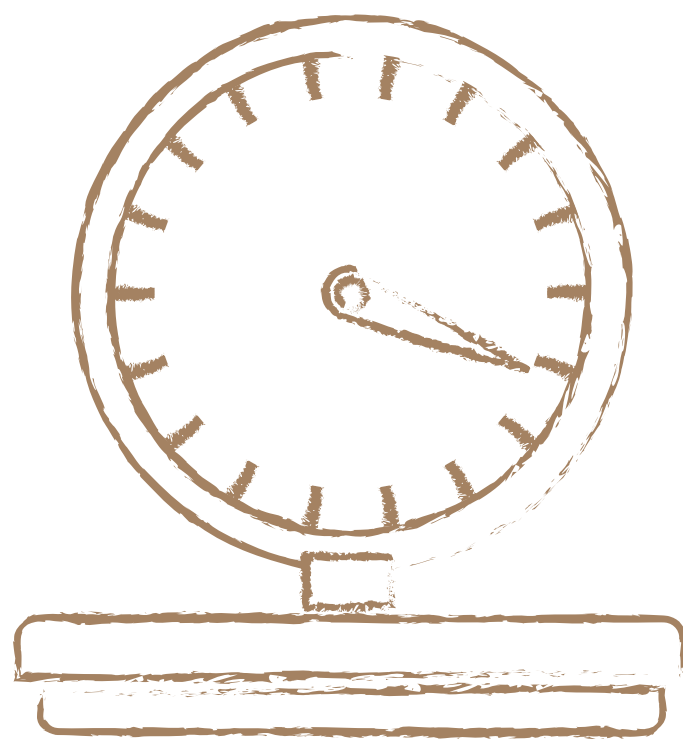
SIZE MATTERS!

It's simple, if your bag does not fit within the airline dimensions you'll just have to check it or leave it. So, the first step is checking the measurements given by the airline you are planning to fly. You'll find that most airlines have the same dimensions.



SECOND BAG?

Second step is to check out if you are allowed to an extra personal item such as a purse, messenger bag or laptop bag. Usually, this item has to fit under your front seat with specific size limits.



WEIGHT MATTERS TOO!

Third, be aware of the weight limit, so buy a scale to know exactly how much your luggage weights when arriving at the airport.



Put in your second bag the heavy things such as the laptop, camera or books and on your main carry bag the clothes and toiletries necessities.

TRAVEL LIGHT TIPS THAT CAN BE APPLIED TO EVERY TRIP!

THE BAG!

Avoid the hassle of carrying too much stuff and too heavy bags by investing in a carry-on sized bag that will change the way you travel and make you pack for your next trips more efficiently and lighter too. You can choose a backpack or suitcases. Go even further and invest in packing cubes to have everything organized and knowing exactly where everything is.



THE LAYERS!

If the destination is a cold one or with weather changes (chilly mornings and warm afternoons) pack thin layers that can be combined with other clothes and taken off when the weather becomes warmer during the day. Sweaters are bulky and take a lot of space while t-shirts and light base layer and jackets are lighter and do not take that much space.

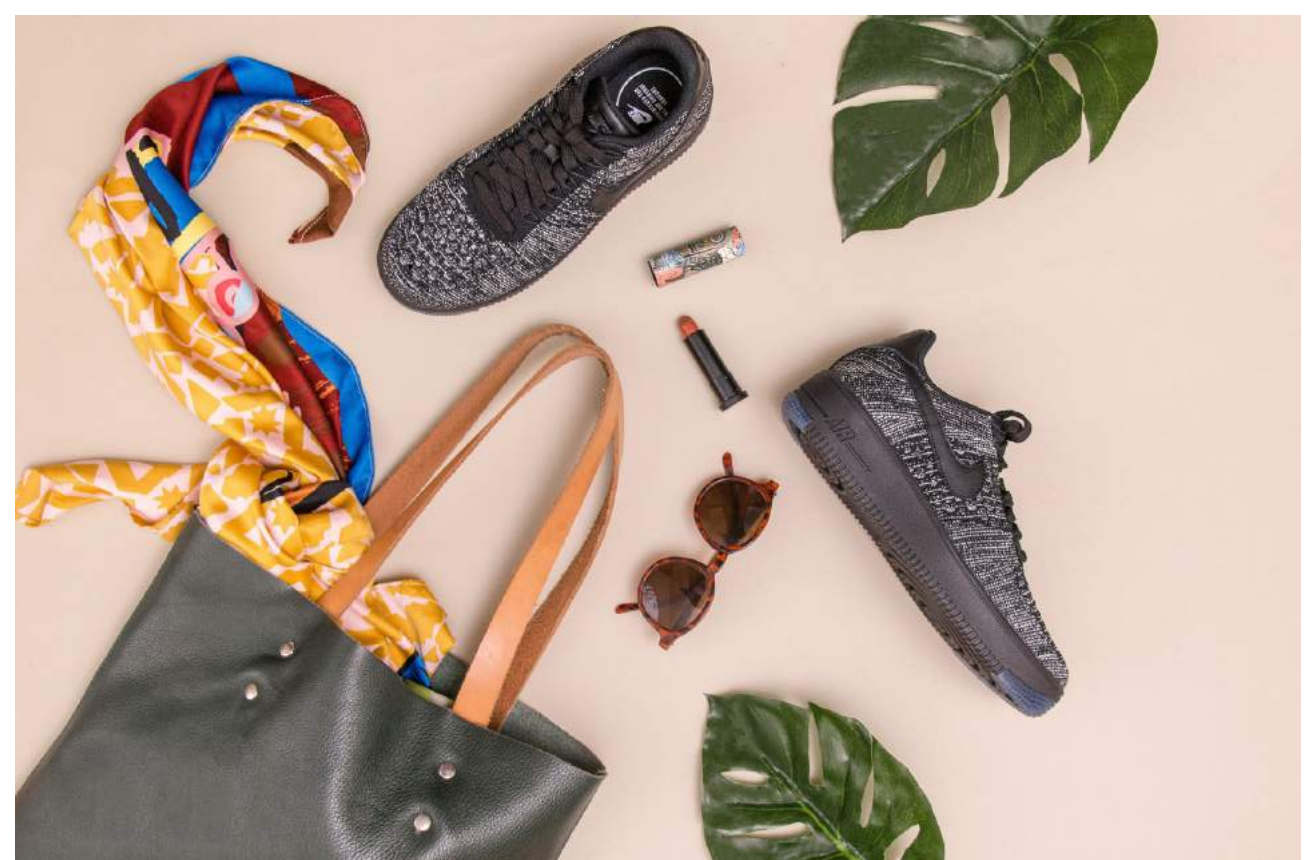
Gone for three days or 3 weeks? No worries, on longer trips just do laundry, it's not that expensive, you can even wash it in your hotel bathroom if you don't want to spend money on these services.

If you are going to a destination that it's cold all day long, wear the bulky coat and big boots so you can have on you the bulkiest items while making room for other clothes.



THE SHOES!

Pick the lightest shoes to put on your bags while wearing the bulkiest one while traveling. Don't take more than two pairs of shoes and choose accordingly with the weather and activities you're planning to do.



ROLLIN' INTO THE CARRY-ON PACKING

Use a toiletries bag to pack all your toiletries that are travel-sized and keep up with TSA regulations.



It's simple, **roll your clothes** to save space and to have it with no creases at your destination.



Stuff your shoes with socks.



Buy travel size products or samples provided by brands.



Use the hotel beauty products if your hair doesn't require particular products.



MAKE THE MOST OF YOUR CARRY-ON LUGGAGE:

Choose a microfiber towel, it dries quickly and also it's space saving.



Multipurpose items are the go-to solution when traveling light. Hair and body shampoo, soap that you can wash your clothes too, reversible clothes and so on.



Opt for eBook-reader instead of books to save weight and space.

3-1-1 TSA LIQUIDS RULE!

It's simple! All liquids and aerosols have to fit in **3**.4 ounces bottles in a **1**-quart size clear, plastic zip-top bag, **1** bag per passenger.



NOTE:

Formula, breast milk, baby juice/food and liquid medication are allowed, and you can have more than 3.4 oz as long as you inform the officer that you have it and remove it from your carry-bag to be screened.



10 ESSENTIALS TO PACK IN YOUR CARRY-ON

1. **Wallet** with all your travel documents and home address. Make sure you have your id, passport, flight tickets, a note with your address and an emergency contact info in case anything happens. Also, you could have copies of your travel documents just in case you lose the original ones. Photocopy the passport to get a quick replacement if you lose your original documents.



2. **Small Aid Kit** with medication for allergies, headaches or other pills you might need. You never know when a headache might occur or you arrive really late and all drug stores are closed.



3. Always have a **change of clothes** in your carry on no matter if you have a check-in luggage too. What if that gets lost? Or it's chilly in the plane? Or maybe you just spilled coffee on your t-shirt.



4. ALWAYS have a **power bank** and phone charger with you in case your phones dies and you just don't know how to get to your hotel or call the friend that should pick you up.



5. **Neck pillow** and ear plugs for long flights. Even a hoodie to keep you comfortable.



6. **Basic toiletries** like a toothbrush, travel size toothpaste, wipes and deodorant to make it through 10 or 20 hours ride, flights or airports.



7. **Headphones** and books to keep you entertained. To save space and weight bring a kindle instead of paper books.



8. **Sleep mask** for night flights to help you sleep.



9. **Scarf** to keep you warm, cover your head or as a blanket while flying.



10. **Anti-bacterial wipes** for keeping germs away while on a plane, train or bus rides. Suitable for public bathrooms as well.

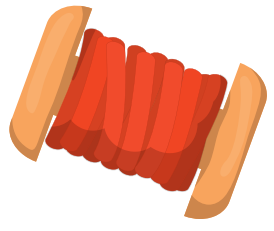


PACKING
HACKS



THE CHECK-IN LUGGAGE

Fabrics



It's all about the fabrics! When traveling, you should pay more attention to the materials to keep you warm in the winter, cool in the summer while not dealing with wrinkles.

So, what are the best fabrics for traveling in winter?

Wool is the go-to fabric for cold weather trips. Keeps you warm, wicks moisture.

High-performance synthetic fabric it's lighter than wool and also keeps you warm, dries quickly and does not take a lot of space in your bag.

Bamboo fabric it's temperature regulating, and it doesn't wrinkle that easy.

Polyester is great for keeping your skin dry, and it's lightweight, doesn't wrinkle.



What should you choose when traveling during hot weather?

Cotton it's perfect as it absorbs sweat while letting your skin breathe.

Linen dries fast, and it's much better than cotton when it comes to wrinkles.

Silk it's incredibly breathable, lightweight and has a soft touch.



Tips: pick fabrics that are water-resistant/waterproof, dries quickly and does not wrinkle easily



THE CHECK-IN LUGGAGE

Choosing the right shoes for your trip!

The most important thing in choosing your shoes for your next adventure is **COMFORT**! You won't be able to enjoy a nice walk in nature or wondering the streets of Lisbon if you are in pain and you only think of getting back to your hotel to take off your shoes.



And yes, some shoes can be extremely comfortable and stylish.

Choose shoes that are **versatile** and match different outfits.



Where are you going? What are the activities you plan on doing? Get the right shoes for the right activities.

Don't take high heels if your itinerary consists of hiking and walking.



Do check the weather and choose accordingly. If it's rainy or cold, choose waterproof and warm leather shoes.



Planning for a beach vacation? Pack your flip-flops but if you are going to explore the wilderness take your best hiking shoes.



Are you planning to go to nice dinners? Then high heels might sound just right.



Three the lucky number!

You only need three pairs of shoes for any trip. One for walking, one for different activities and one for a stylish look when you go for dinner or other events.

THE BEST WAY TO PACK YOUR CLOTHES!

Roll instead of folding!
You'll end up with fewer wrinkles and more space.



Put small things like socks, underwear, accessories in your shoes or hat to keep their shape.

If you are planning several kinds of activities, use packing organizers or packing cubes to find it in your luggage easily.



WHAT YOU NEED TO KNOW IF YOU TRAVEL WITH MEDICATION!

There are two classes of medication that can cause problems: **narcotics**(relates to morphine and codeine)and **psychotropic** (refers to anxiety or depression medicine).

You are allowed to have with you this kind of medicines for personal use for up to 1 month. Better have a prescription from your doctor if you are traveling and need a narcotic drug.

Most countries allows having medication for 30 days. And you have to have a prescription.

Have the original packaging with you.

Ask your doctor to adapt your medication regimen, to have alternatives and to be aware of the country where you are planning to go (if there are vaccinations that you need).

Have your medication in your carry-on bag to avoid getting lost.

What you should take with you in most trips: first aid kit(bandages, adhesives), pain relievers, fever relievers, cold medicines(especially if it's cold outside), diarrhea medicines, allergy medicines, sunburn relief(especially if it's hot outside), insect repellent, vitamins.



TRICKS
THAT WILL
CHANGE
HOW YOU
PACK YOUR
TOILETRY
BAG!

TRAVEL AND PACKING HACKS FOR SMART TRIPS

Let's face it! Besides picking what to wear on vacation is the struggle when it's time to pack our toiletry bag. You need it all (face cream, toothbrush, conditioner, primer and even all the eyeshadows you own).

Well, with the right **toiletry bag** and these few hacks you won't ever complain again that you had to opt out for some of your favorite cosmetics. Toiletries bags provides individual compartments for your toiletries with an extra barrier that will protect the other items from leaks. Choose a bag with multiple compartments with clear, mesh pocket to see where everything is, without digging through. Best to have a loop to hang it in your hotel bathroom without taking everything out.



You don't need the whole container so just take as much as you need for 3, 4 or 7 days in **plastic straws**. Yeah, just fill the plastic straws with your cosmetics. You can go even further and make one straw for each day, glue it at the ends to make sure it won't leak.

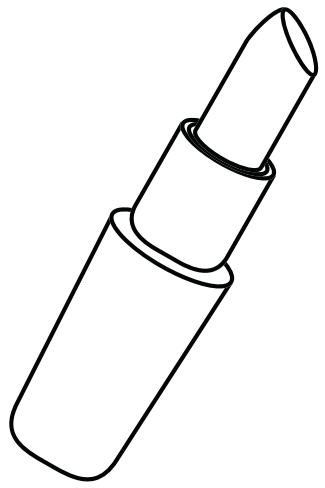
Put **cotton balls** in your powdered makeup to avoid breaking it during traveling.

Put your shampoo and conditioner bottles in a **plastic bag** to avoid leakage that usually happens due to pressure changes. Or you can put a plastic wrap under caps.



Boacay Toiletry Bag has multiple compartments in various sizes that make the bag functional and highly organized, protecting your toiletries from shocking. Suitable for 1 or 2 people with an elegant design, lightweight and foldable.

Play safe when it comes to your makeup when traveling!



Choose those products that make the big difference. Don't take that eyeshadow that you only used once in the last year. Take the foundation, mascara, lip balm or lipstick that you use on a **daily basis**.



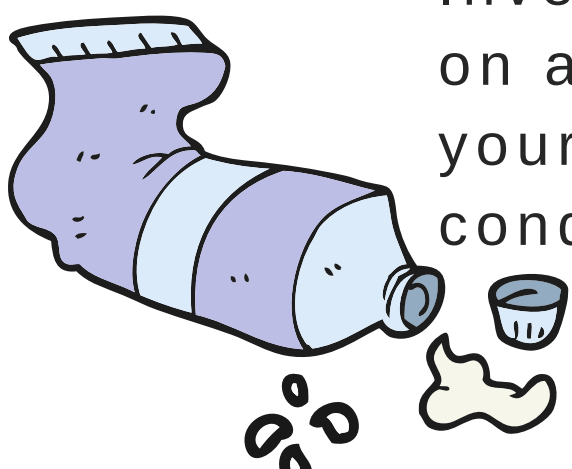
Non-negotiable skin care

Air travel, weather changes, and humid atmosphere have the most impact on your skin. Fresh hydrated skin just makes you look better. Take care of your skin!



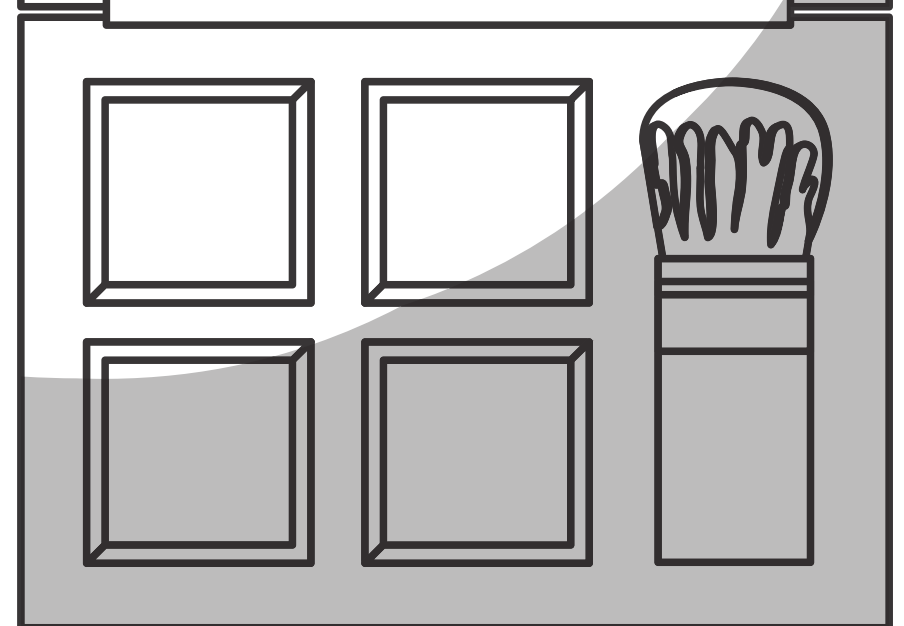
Scale-down when you plan your vacation! **Mini size** is the best size when packing your toiletry bag. If you can't find a mini size of your favorite product go for samples and if that is not available either, then pack your needed amount in plastic containers specially designed for traveling.

Invest in **squeezable** carry-on approved bottles to take your favorite shampoo or conditioner.

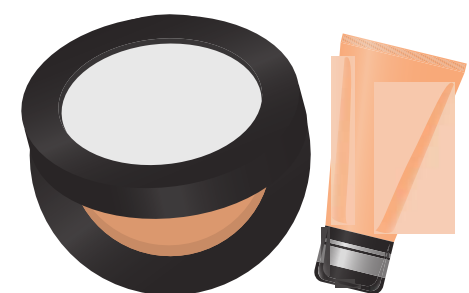
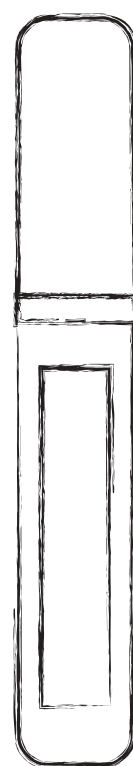


Always choose **solid** over liquid when it comes to toiletries. You won't have to worry about leaks in your suitcase. Body soap, toothpaste tablets, laundry soap, etc.

Go for a **pallette** form to have a variety of colors in a compact shape. Often these are equipped with a little mirror too.

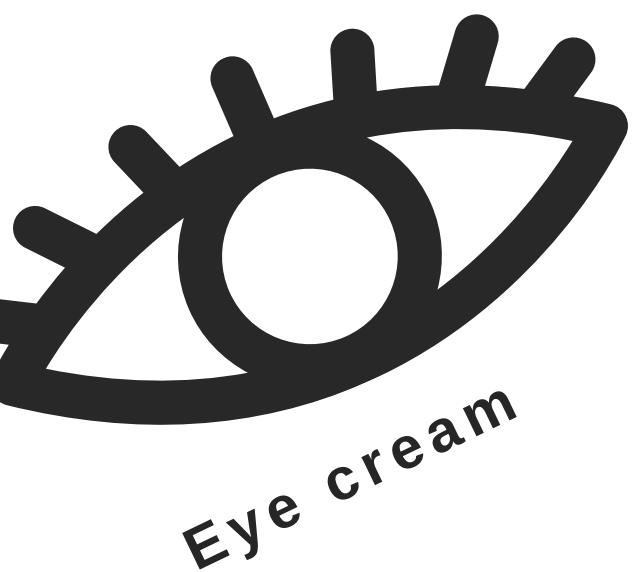
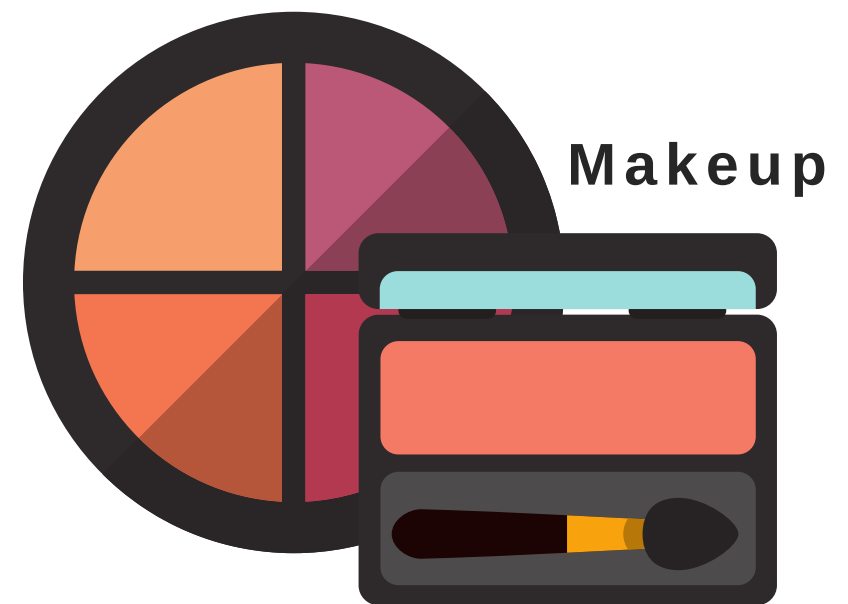
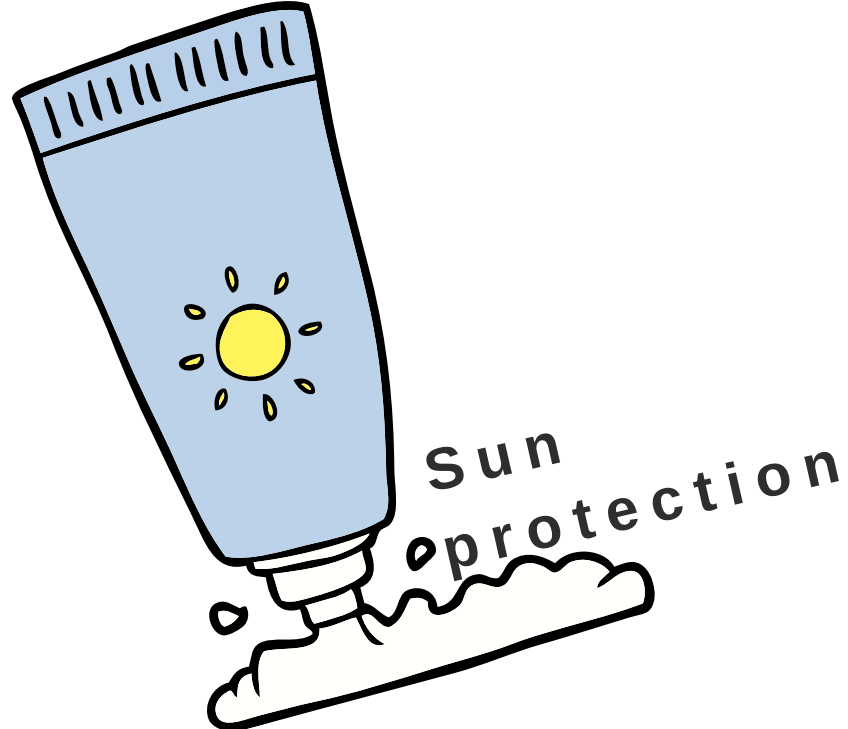
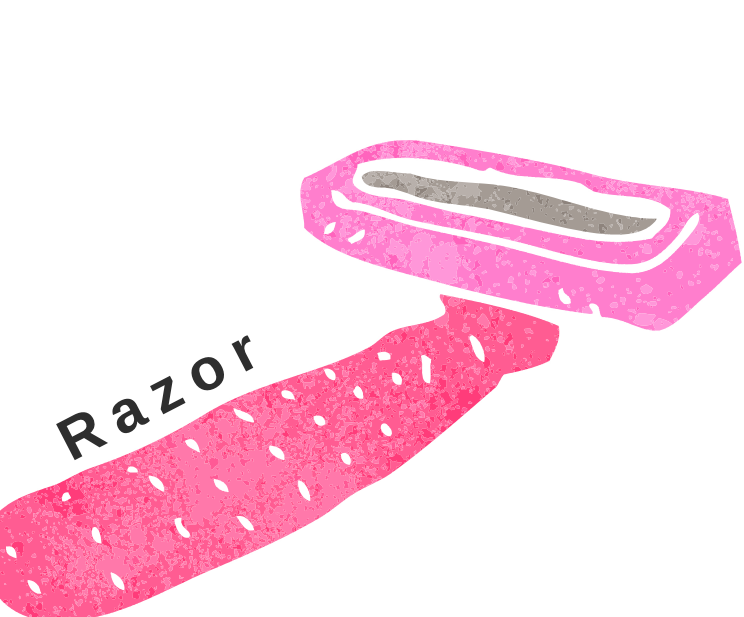
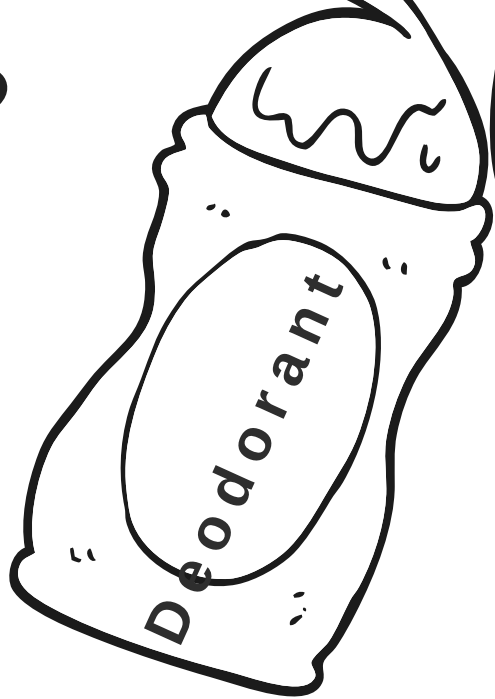
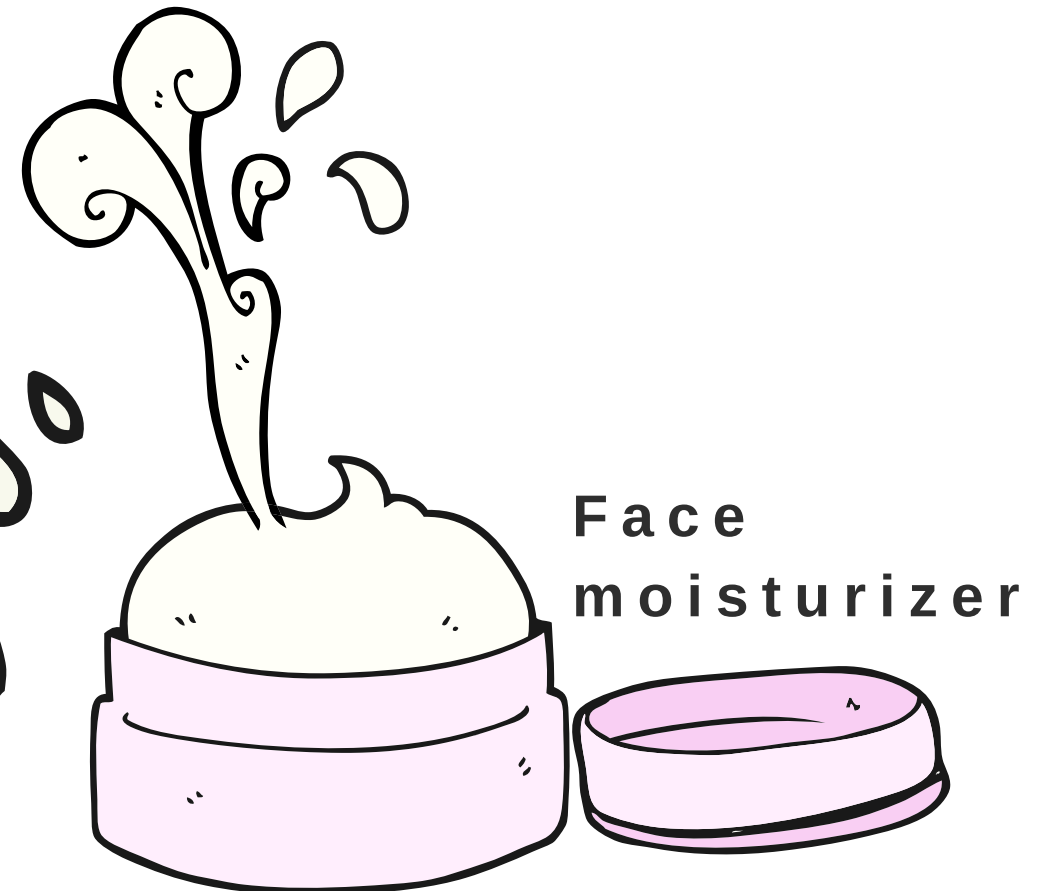
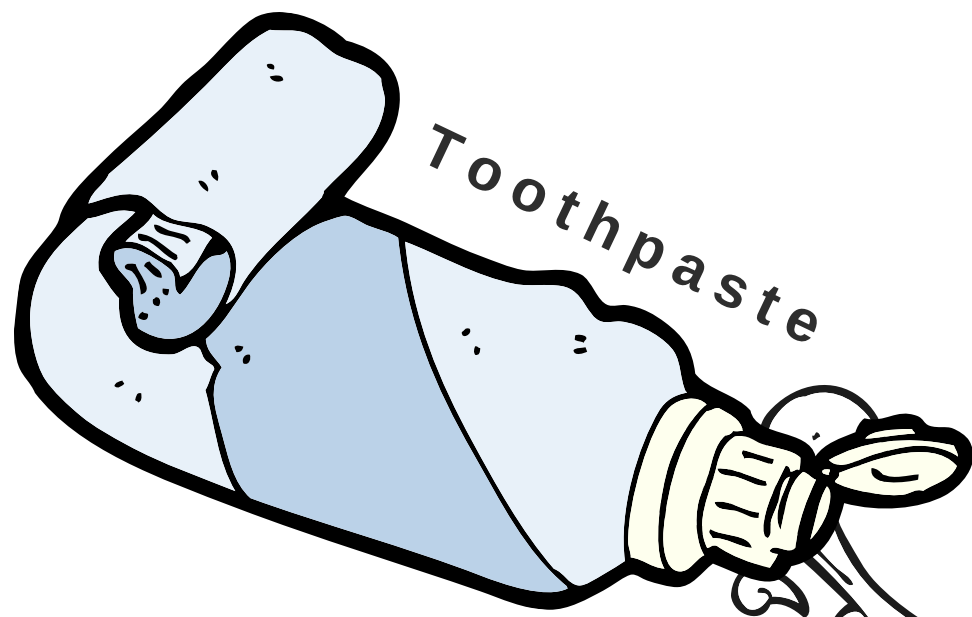
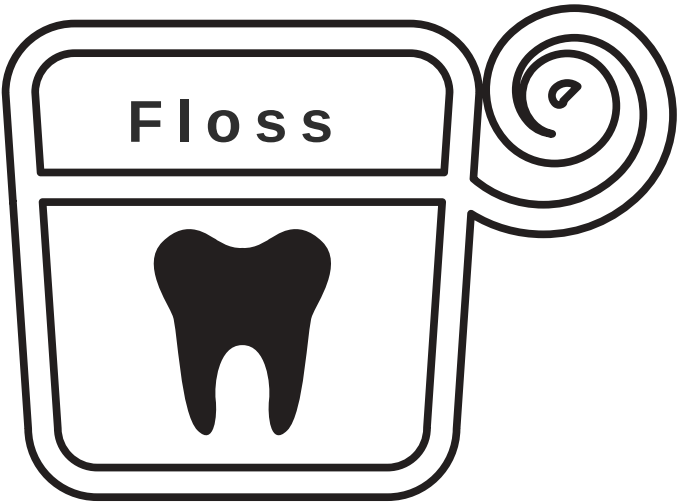
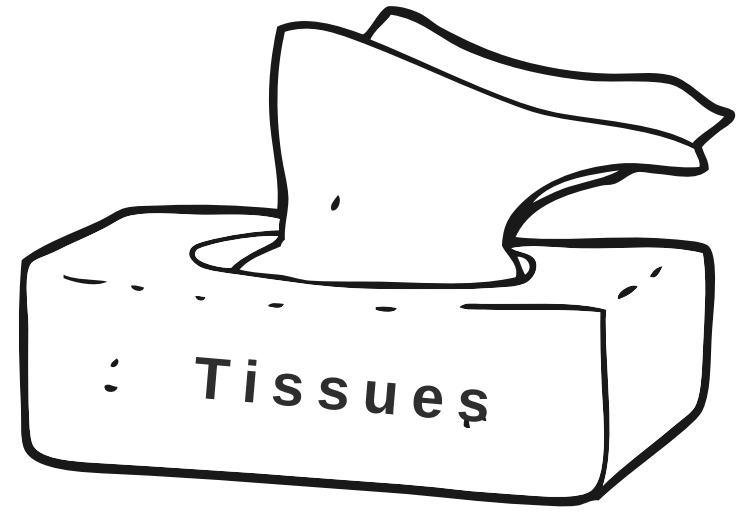
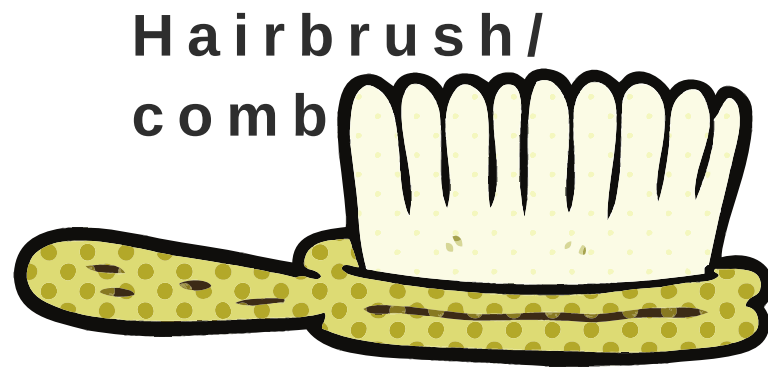


It's all about the texture. Powders are hard to manage on the go and if one breaks, cleaning it up takes time and... nerves. Choose **creamy textures**, makeup sticks and so on. Safe and easy to use!

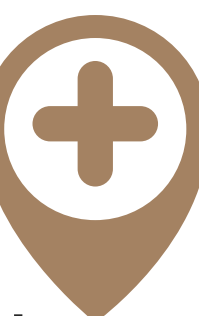


Two-in-one should be your favorite items for vacations. Shampoo and conditioner? BB cream? A body wash that can be used as laundry wash?

Toiletry bag checklist for any trip!



You can add perfume, cologne, hair styling products, sewing kit, microfiber travel towel, nail clippers and scissors.



Travel tips from experts!

Pack only items that are proper for the trip, not all that you have.

Buy products at your destination, especially the bulky one such as shampoo and body wash.

Use BOACAY hanging toiletry bag to have everything in one place, organized and accessible.

Whether you're planning for summer vacation, business trips or holiday gatherings, Boacay toiletry bag has what you are looking for when on the go. A bag that keeps all of your items organized and easily accessible.



What you should always have with you!

A **towel** even though you know that your hotel will provide fresh, clean towels for you. But you never know what may happen during travel or before getting to the hotel. Microfiber towels are lightweight and compact and dry quickly.

A **scarf** that you can use as a shawl, a blanket on the plane or on windy days.

Wet wipes or hand sanitizer to refreshing on a long flight or transiting.



PLANNING
YOUR TRIP



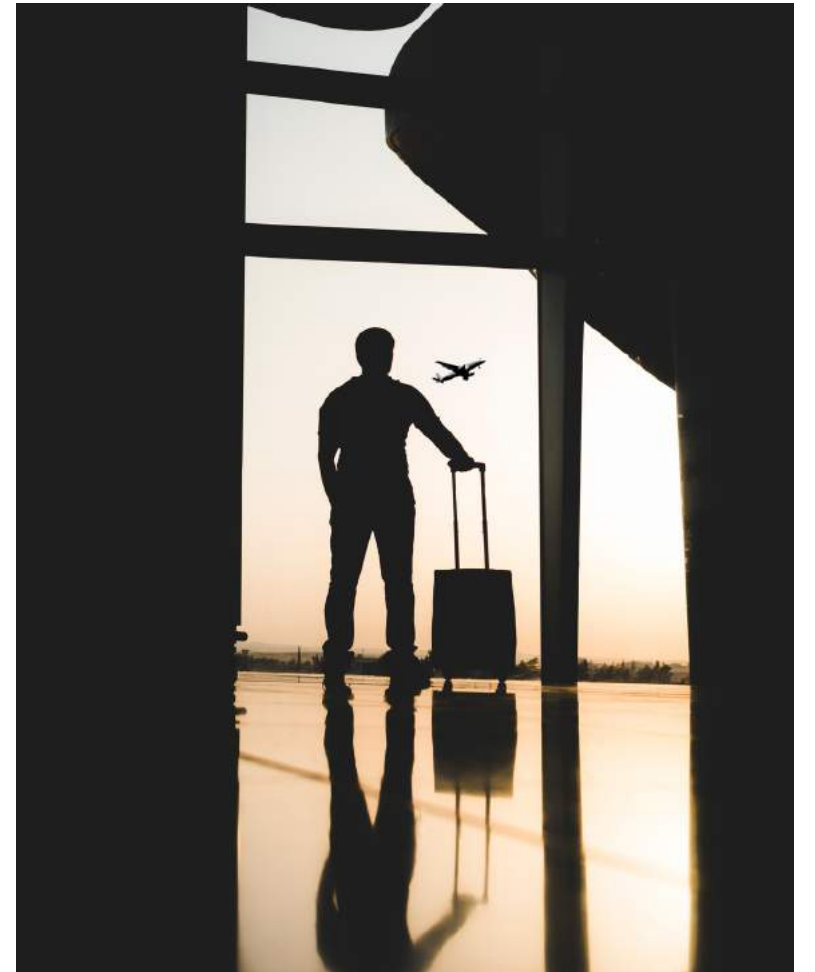
Quick pre-travel tips to have a stress-free vacation!

- ✓ Check the **expiration date** on your most important documents (id, passport, driving license if needed).
- ✓ Get **travel insurance**.
- ✓ Inform yourself if any **vaccinations** are needed and take a copy of your health documentation if required.
- ✓ Have on your phone **photos of your documents**(passport and id).You can even email yourself these documents to have access to it if you lose your bag with your phone and original documentation as well.
- ✓ **Print**, if needed, flying tickets, hotel reservation, car rentals, etc..
- ✓ Inform yourself about the destination you are going. What's **safe to do,eat**, etc.
- ✓ Leave a set of your house keys, itinerary and contact info to one of your **closest friend/family**.
- ✓ **Clean the fridge**, unplug appliances, reduce heat and take the trash from your home before leaving.
- ✓ **HIDE expensive jewelry** or any other valuables.
- ✓ **LOCK all doors** and windows.

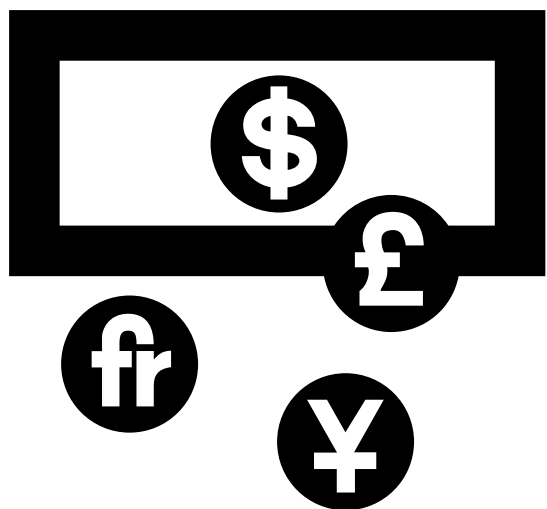


How to plan your next trip!

Always **plan your first and last day**. It's confusing when you arrive at an unknown destination with unfamiliar surroundings. Making a plan for the first day can take away the overwhelming feeling. Know exactly where you are. Search for a nearby restaurant to have something to eat after arriving because you are probably tired, with a jet lag. Eat accordingly with the time zone, if it's evening go for dinner.



Walk outside as much as you can to let your body sense the air, sun, to help him accommodate with the environment and time of the day.



On your last day make sure you know the checkout procedure and time. Prepare your travel documents for checking it at the airport. Change your **leftover currency**.



Check **public transportation routes**.



Search **things to do** on your destination, day tours, unusual experiences, holidays or festivals.



What to pack when you go to conservative countries of the world?

Usually, when you plan on traveling to Dubai, Egypt, Turkey, India or any other country as these, you might want to be prepared to dress accordingly.

The main rule is that any clothing item you wear **MUST cover your shoulders and knees**. But do consider that usually in these countries the climate is humid and hot.

A scarf or shawl will be your best accessory, besides being fashionably it helps you cover your cleavage, shoulders or other parts without wearing long clothes that will make you sweat.



Long maxi dresses and skirts are an excellent option to pack. They can be stylish too, covering knees and shoulders. Just make sure it's not a see-through fabric. Also, don't choose clothes that fit too tightly as tights, skinny jeans, dresses, skirts. Don't show your back and belly.

Loose pants will be your new love in terms of fashion. Are great for hot summers in these areas of the world and a stylish cover-up.

Button up shirts or blouses are a must-have for chilly nights but also an excellent way to wear it as a beautiful cover up, as a jacket over your tank top.

This dress code it's available for **men too**. Also, you can't wear shorts that don't cover the knees. It's the perfect place to wear loose pants with shirts.

You should inform yourself about other restriction before arriving at your destination. You want to avoid people staring at your cleavage.

Choosing **adequate clothes**, it's a way of showing respect to the people living in that country and their culture. They will show you the same respect as you show them.

Go with **natural, breathable fabrics** that not retain heat.

Tips: since you are going to cover most of your body, sunscreen won't be needed anymore.



Happiness is a way of travel not a destination!



Vacations should be fun, reduce stress and improve our lives. It's the best way to give your body and mind a break, time to relax. Choose a destination that you dream of, like or enjoy.

Plan your trip, so it fits your style. Don't go snorkeling if you are more likely to enjoy a good book on a sunbed for hours.

Do more exciting activities that you usually don't do or have access to it. It helps you stay active, feels good, it's relaxing and clears your mind.

Plan to disconnect from work and other concerning problems.

Do your research to avoid unpleasant situations. Now you can find anything online, and there are apps that you'll become your best companion when in a foreign country. Don't overdo it. Don't plan every minute of your vacation. It's not a project. Give yourself time just to relax and enjoy whatever you feel like at the moment.

And last, pack like a pro taking out the stress of preparing and packing and the fear of not having enough or for any situation it may occur. Make a list as shown in this eBook, pack using the hacks described earlier.

Whether you're traveling to Vietnam or LA, just bring the things you need, don't over plan, disconnect from work and just enjoy.

And if something happens or you forget something just breathe, take it as an adventure, a memory worth sharing when returning home.

