

# How to avoid suitcase stress

**Confused about baggage guidelines?**

**Or just hopelessly disorganised at packing?**

**Executive Lounges offer valuable advice to get you started.**

## Packing Tips

**1. Checking the weather forecast** will ensure you only pack suitable clothing.

**2. Spruce up your case** for instant identification.

**3. If you're traveling with someone, split your belongings between checked luggage** so if one gets lost you'll each have a change of clothes.

**4. Know the duration of your flight/trip** to determine exactly what to pack.

**5. Leave suitcase space** for items picked up on your travels, i.e. souvenirs, gifts and clothing.

**6. Remember you aren't charged for the clothes on your back. Dress in layers** so you can bring more with you.

**7. Go for your tried and tested favourite clothes.** Planning means you can **refashion outfits for different occasions.**

**8. Preparation is key to successful packing** – make a list.

**9. Know your luggage allowance and weigh your bags** before you get the airport.

**1. Make sure you pack everything you need to be comfortable.**

Travel pillows, books, music and games – it's the personal belongings that make air travel bearable.

**2. Prescription and non-prescription medication is allowed.**

**3. Large electronics** will be taken out at security so make sure you pack these last to avoid holding others up while you fumble around in your bags.

**4. Limited quantities of liquids, gels and deodorants** are allowed in your hand luggage. The guidelines are a 100ml bottle or less by volume wrapped in a clear, plastic bag.

**5. Important documents** should be kept in your carry-on-bag, i.e. passports, boarding pass, identification.

**6. When packing a checked bag,** a security officer has access to your belongings – so **keep your cash and credit cards to hand.**

**7. If your suitcase is lost** between flights, it's important to have a change of clothes in your hand luggage.

**8. Lighters, matches and flammable items** are allowed in your hand luggage (not suitcase).

**9. Rule of thumb** – it's best **not to take valuables** and jewellery on holiday. If you must bring your jewellery, keep it safe in your hand luggage.

**1. Create an organised suitcase** with sections for different items, including folded clothing, swimwear, and wrapped electric cords.

**2. Separate your liquids in a plastic bag** to ensure toiletries don't leak onto your clothes.

**3. Hotels of certain standards will provide towels and hairdryers** – so leave these at home.

**4. Put copies of your important documents** in your checked luggage, including booking forms, visa and scanned passports.

**5. Don't pack items you're likely to buy overseas.**

**6. Bring an extra plastic bag (or two)** for your liquids.

## Allowed and Prohibited items in Checked Luggage

✓ Batteries ✓ Nail clippers  
✓ Scissors ✓ Medication

✗ Razorblades ✗ Flammable items  
✗ Knives ✗ Cigarette lighter

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