



Twilight Travel Tips: Packing Pointers

<http://TourTheTwilightSaga.com>
A Novel Holiday Travel Guidebook

Tour the Twilight Saga

Universal Twilighter Packing Pointers

Before deciding what to pack for your Twilight Saga Trek, peruse the packing tips and lists offered by our favorite travel experts—**Rick Steves** and **Reid Bramblett**.

Although many of the Rick and Reid packing pointers are focused on foreign nationals visiting the UK and Europe, their experienced suggestions are equally important to Twilighters journeying to Canada and the US, or any other country.

Packing suggestions *duplicated* by Rick and Reid are the most important ones to follow.

After that, please read *our* packing pointers. They begin on the next page.



Rick Steves' Packing List

<http://www.ricksteves.com/plan/tips/packlist.htm>

Rick also offers a packing list especially for Women:

<http://www.ricksteves.com/plan/tips/womenpack.htm>

Reid Bramblett's Ultimate Packing List

http://www.reidsguides.com/t_pa/t_pa_packing_list.html

Reid's list contains a slew of sensible tips for all aspects of packing.

For instance, below are his

Five Cardinal Rules of Traveling Clothes:

1. Nothing White
2. Nothing that Wrinkles
3. Clothes you can Layer
4. Lots of Pockets
5. Very Few

"Clothes take up the most space in your luggage, so don't pack many.
Just get used to doing a bit of laundry each night or two in your room."

Reid Bramblett's Ultimate Packing List webpage proved so popular, he created a **What Do I Pack** *section* on his website.

It's a remarkable collection of info about smart travel practices and specialized travel gear.

"A much more in-depth packing list, complete with photos and links to [places where you can purchase] several hand-picked options for each item on the list."

<http://www.reidsguides.com/pack/>

TTS Packing Pointers

Keep Original Copies of Important Identification Documents on Your Person at All Times, and Pack *Photocopies* in Each Bag

Savvy sojourners know to stash copies of all important identification (ID) documents within their luggage. This practice assists with obtaining replacements if any of your original ID documents become lost or stolen while traveling.

We suggest printing several sets of ID document copies, so that one set can be stashed within each item of checked luggage, each carryon bag. That way, no matter which of your bags is lost or stolen, you'll always have a stashed set of document copies.

Since ID documents usually are valid for several years, their photocopies can be left in your bags until you require new originals. You'll not have to recreate and re-stash them each time you travel.



Please Note: Be sure to **mark** each document copy with a statement such as “**Copy for Travel Purposes**” in a place that doesn't obscure vital information, but prevents someone from using the copy to create false IDs.

Whether penned on a printed photocopy with a permanent marker before scanning, or neatly typed on a scanned document jpg file before printing, the trick is to **interrupt water marks, seals or emblems**, so that your statement cannot be removed without destroying the copy's legitimate image.

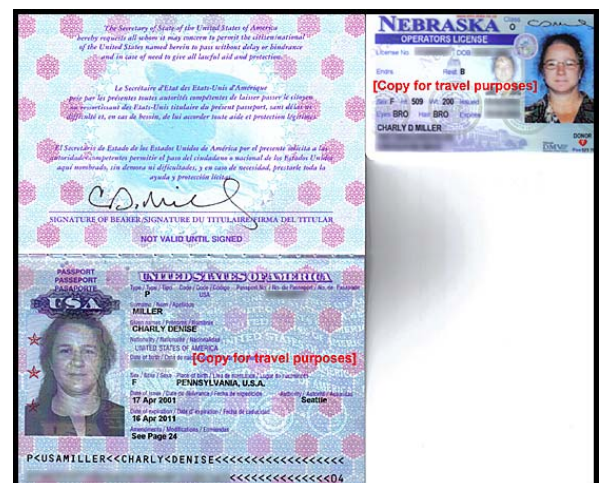
[*The personal info in these photos is blurred for publication purposes. Do not blur the info in your copies.]

Carry at Least Two Photo IDs With You at All Times

Your passport will be one of them.

A driver's license works well as the other. If you don't have a driver's license, obtain some other form of official Photo ID, such as a State- or Country-issued ID card.

Include marked copies of both photo IDs in your document stash.



Baggage Identification Pointers

All airlines dutifully instruct travelers to attach ID tags to the handles of checked bags. They even provide free, elastic-attached, paper tags for this purpose. Few airline companies, however, tell

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travelers to tag **carryon bags (hand luggage)**—nor do they advise how to **ensure that checked or carryon bags retain their baggage identification information.**

Important Baggage ID Practices

- Purchase **sturdy luggage tags with concealed address windows** for tagging each checked and carryon bag. When baggage ID info is easily visible, criminals can collect the names and addresses of people who have gone on holiday, then target your home for burglary.
- Include your **name** and the **cell phone number you'll be using while on holiday** in each external baggage tag.
- Do *not* put your **home address** or **home phone number** within external tags. You won't be answering your home phone, and you don't want your bags sent back there. Instead, include the address and phone number of your **first lodging**, so you can be contacted *there* (or have your luggage delivered there) if one or more of your bags is lost while enroute.
- If you'll be boarding flights to other locations during your holiday, repeat the steps above for **each flight**, listing the address and phone number of your **next destination's lodging** on that tag. These tags can be prepared prior to leaving home, packed, then inserted as needed.
- ***Pack a copy of your baggage identification information inside each piece of luggage—on top of its contents.** External ID tags are sometimes ripped off during baggage handling—whether the tag is paper or leather. Having ID information inside each bag is invaluable to being reunited with it. The internal baggage ID info document should include your name and holiday cell phone number, all your travel dates and first-lodgings-after-a-flight contact information, *as well as* your home address and phone number(s).
- **Tag all carryon items in the same way.** Carryon baggage also can be lost or stolen. Without accurate information attached to (and within) carryon items, airline personnel may not be able to contact you when they're found. Worse yet, if you accidentally walk off leaving an unidentified carryon bag in an airport terminal, you may cause an incident. Security is very sensitive to bags left unattended.
- The only time you should put your **home address** and **home phone number** within your external baggage tags is when you are **on your way home.**



Pack Photos of Your Checked Bags and Carryon Items

As if suffering the trauma of a delayed or lost bag isn't bad enough, filling out the forms for finding and retrieving them can be a *nightmare!* Happily, there's something you easily can do to make delayed or lost luggage claim-filing a whole lot less difficult.

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Some airlines offer photos of standard luggage types to assist in filing a lost luggage claim. At left, for instance, is a section of the

International Air Transport Association's Baggage Identification Chart.

Unfortunately, generic baggage pix really aren't that helpful.

The Secret for Painlessly Filing a Delayed or Lost Luggage Claim:

Take photos of *all* the checked bags and carryon items you commonly travel with—whether or not they accompany you on this particular holiday. Paste those pix into a document file, noting the dimensions of each bag. (Include model numbers if known.)

Print several copies and stash one in each bag. If something comes up missing, simply retrieve the luggage pic page from a bag you still have, circle the missing bag(s), and have the lost luggage rep photocopy it for your claim.

★When filing a delayed or lost baggage claim, be sure to mention that your baggage ID info is also *inside* the lost bag.

Like important ID documents, your luggage doesn't change that often. Thus, your luggage pic page can remain in your bags for future trips.



Prescription Medication Information

Rick Steves promotes packing prescription (**Rx**) medications in their original containers—plastic bottles bearing legible Rx identification information on the label. If you take more than a couple Rx drugs, however, packing each container can take up a ton of room.

Additionally, if the pills or capsules within each container aren't cushioned to prevent motion, they may become damaged during travel. [Pill packing pointers are provided on an upcoming page.]

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MILLER, CHARLY \$8.00
DOB: [REDACTED]
Rx# 855556-1386 01/12/12 Rph:JW/HB *SAFETY CAPS
Prescriber: [REDACTED]
LISINOPRIL 20MG TABS #60
NDC# 00603-4212-32 Days: 30 Mfg: QUALITEST
CASH
U&C: \$8.00
4.00 Refills left until 11/22/12
HyVee. (402) 467-5157 Price \$8.00
1501 N. 84TH STREET
LINCOLN, NE 68505
Store# 1386
PHARMACY RECEIPT • RETAIN FOR TAX OR INSURANCE

MILLER, JEAN-PIERRE
Rx# 849873-1386 01/12/12 Rph:JW/HB *SAFETY CAPS
Prescriber: [REDACTED]
FLUOXETINE HCL 10MG TABS #20
NDC# 49884-0734-01 Days: 80 Mfg: PAR
CASH
U&C: \$4.00
May be refilled as needed until 10/01/12
FL 10, G
HyVee. (402) 467-5157 Price \$4.00
1501 N. 84TH STREET
LINCOLN, NE 68505
Store# 1386
PHARMACY RECEIPT • RETAIN FOR TAX OR INSURANCE

Instead, we suggest carrying the original copy of your most recent Tax Receipt for each of your Rx drugs in a carryon bag, and packing photocopies of them with your other stashed documents.

Each Rx tax receipt contains all information that Transportation Safety Administration (TSA) personnel may want to see, as well as all information vital to replacing your medication if it becomes lost or damaged.

***Insulin-dependent diabetics**, or those who require other forms of injectable Rx medication, should also bring a signed physician's statement—written on a **prescription pad page**—attesting to your legitimate need for carrying syringes with **needles**. TSA personnel may consider syringes to be potentially dangerous, and Rx info bearing your name isn't commonly pasted on syringe packages.

Additional Stuff to Stash—and Your Stash Checklist

Below is a checklist of all the information and document copies that should be stashed in *each* of your checked and carryon bags, beginning with those we just described. If printed on the **front and back** of each page, **all will fit into a single envelope**.

Stashed Info Checklist

- Photocopies of all important identification documents**
- Your interior baggage information page**

The one that includes your name and holiday cell phone number, *all* your travel dates and first-lodgings-after-a-flight contact information, home address and phone number.
- Your luggage pix and dimensions information page**
- Copies of your prescription medication tax receipts** (and Doctor's notes if needed)
- Your Travelers Checks list**

Now that **Automated Teller Machines (ATMs)**—aka, **Automatic Banking Machines (ABMs)**—are so prevalent throughout the world, few travelers purchase Travelers Checks.

If you do purchase Travelers Checks, however, be sure to put a list of the check numbers (and denominations) in each stash envelope. If you include a Travelers Check in each envelope—so that you'll have stashed cash—be sure to *somewhere* note each hidden check number's location.
- A list of all the credit cards you'll be traveling with**
 - ◆ Note the account number and expiration date for each credit card, but *not* the verification number (the 3 numbers near the signature strip on back, or the 4 numbers on the front of an American Express card).
 - ◆ Note the **toll-free phone number** found on the back of each card, in case you need to cancel a stolen or lost credit card.
- A page containing **the model and serial numbers (with photos)** of any expensive personal belongings you travel with—such as cameras, laptop computers, tablets, and the like.

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Checked vs Carryon Bag—What Gets Packed Where?

Begin by visiting the TSA website and reviewing the current list of items that can and cannot be carried on the plane *or* packed in checked luggage.

<http://www.catsa.gc.ca/complete-item-list>

Liquid Carryon Contents

Canadian TSA rules for Carryon Liquids are basically the same as those in the US.

<http://www.catsa.gc.ca/liquids-food-personal-items>

The US 3-1-1 Carryon Liquids Rule

(3) Only containers that individually hold no more than 3.4 oz (100 ml) of liquid can be carried on.

(1) *All* carryon liquid containers must fit within 1 quart-sized, clear, plastic, zip-top bag.

(1) Only 1 carryon liquids zip bag is allowed per passenger, and it must be placed in a screening bin when going through the airport security checkpoint.

<http://www.tsa.gov/traveler-information/3-1-1-carry-ons>

Substances Considered Liquids Include:

- All beverages, including water. (Buy a bottle of water for the flight *after* clearing airport security.)
- Liquid or semi-liquid foods, such as soup, peanut butter, jam, honey, and salad dressings.
- Cosmetics and toiletries, including creams, lotions, oils, perfumes, mascara and lip gloss.
- Sprays, such as shaving foam, hairspray and spray deodorants.
- Pastes (toothpaste) and ointments.
- Gels, including hair gel, shower gel, *and* **gel shoe inserts**.
Avoid having to remove and cram them into your liquids zip bag by packing gel shoe inserts in your checked luggage. You won't need them while flying.
- Contact lens solution.
- Wet-wipes or moist towelettes.
- Any other solutions or similarly wet/moist items.

Declare larger liquids. Liquid Rx medications (such as insulin), containers of baby formula or food, bottles of breast milk, and the like are allowed in reasonable quantities exceeding three ounces, and are not required to be put in your liquids zip bag. However, you must declare these items and present them for inspection at the security checkpoint. It helps to have a doctor's note or a medical ID card for liquid medications.

According to the TSA, Batteries Belong in Your Carryon

“Keep all batteries and electronic devices containing batteries on you or packed in your carry-on baggage.”

<http://www.catsa.gc.ca/guidelines-batteries>

Additional battery packing information is found in our **Photography Twi Travel Tips**.

<http://TourTheTwilightSaga.com/TipsB2/B2Photography.pdf>

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Alexander Anolik, a travel attorney and baggage liability expert, however, insists that travelers need not be discouraged.

“Even without a receipt, if your dispute ends up in court, a judge will look at your claim, and if it seems legitimate, you will likely get your money.”

<http://www.cntraveler.com/daily-traveler/2012/06/airlines-baggage-luggage-suitcases-regulations-delays-fees-rights>

Still, having a photo of your bag’s content will help to secure your claim.

To learn more about filing claims for delayed or lost luggage, go to the Canadian Border Services Agency link below.

<http://www.cbsa-asfc.gc.ca/publications/dm-md/d2/d2-6-4-eng.html>

Here are additional articles you may find helpful.

<http://www.farecompare.com/news/airline-lost-bag-5-donts/#/>

<http://www.independenttraveler.com/travel-tips/troubleshooting/lost-luggage>

http://seattletimes.com/html/travel/2021322984_lostluggagexml.html

Pack an In-Flight Needs Bag

Avoid having to sort through a cram-packed carryon, while stuck in your seat, by putting items frequently needed in-flight into a small, lightweight tote, and putting *that* in one of your carryons. Actually, a couple gallon-sized zip bags work well—one for stuff, one for snacks.

This is especially important when flying long distances in a plane with a small movie screen on the headrest of the seat in front of you. Having a personal choice of movies to watch is fantabulous for making time fly by. Unfortunately, the computer unit required to grant this amenity hogs at least half of the space beneath the seat in front of you. No normal-sized carryon bag will fit there.

When you board, tuck reading materials and your water bottle in the seatback pouch. Remove your small in-flight bag(s) from your large carryon(s) and stuff it under the seat in front of you. Stow your large carryon(s) in the overhead bin.

Items Frequently Needed In-Flight

- Gum or chewy candy to counteract cabin pressure ear effects.
- Any medications or supplements needed during the flight.
- Saline eye drops and nasal spray to assist you in staying hydrated.

Remember to move them from your liquids zip bag to your in-flight bag—ditto for items such as travel toothpaste, lotion, lip balm, wet-wipes, and the like.

- Toothbrush, comb, ear plugs, etc.
- Facial tissue.

★Hey! Take a 1- to 2-inch stack of tissues from a large box and fold it (pull-flap side out) into a quart-sized zip bag. Roll out the air and zip it. Voilà! You now have a small bag containing far more—and better quality—tissues than those provided in pricy commercial tissue travel packs.

- Snacks (see suggestions below).
- Anything else you anticipate needing during your flight.

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In-Flight Snacks

These days, airline meals and snacks aren't always offered—and when they *are* offered, they often aren't free. Savvy sojourners pack plenty of **non-perishable** and **crush-proof** snacks in a carryon.

Happily, healthy snacks are often the best kinds to pack. Snack-sized zip bags work great for containing treats that aren't individually wrapped. And, after collecting and packaging a variety of travel snacks in small zip bags, you can toss the lot into a single gallon-sized zip bag.

Our Favorite In-Flight Snacks:

- Crunchy vegetables, such as peeled baby carrots, celery sticks, broccoli and cauliflower sprigs, or edible-pod snap peas.
- Apple slices (rinse with lemon juice after coring and slicing to prevent browning).
- Pretzels aren't easily crushed to dust like most kinds of crackers. Excessive salt intake, however, can cause **increased jet lag** and **fluid retention**. Pack the *unsalted* kind.
- Rice cakes, hardtack crackers, or dry Chow Mein noodles [a favorite of TTTS author CD Miller (Chas)] are great, relatively crush-proof, low-calorie and unsalted snacks to pack.
- A variety of unsalted nuts and dried fruits. ("Craisins mixed with dried banana chips are *da bomb!*")
- Individually wrapped, single-serving cheeses. ★ Cheese does *not* have to be refrigerated. In fact, all cheeses are more flavorful when served at room temperature.
- Hard candies to suck on.
- Any other non-perishable, crush-proof snacks you might enjoy.

Please Note: Yogurt, pudding, peanut butter, jam, honey, syrups, salad dressings, and the like are considered **liquids**. If you have to have them, they must fit in your 1-quart liquids zip bag and you must remember to transfer them to your in-flight snack bag before cramming your carryon into the overhead bin.

Checked Bag Security Conundrums

Luggage Locks Do NOT Guarantee Locked Bags

The locks supplied with the luggage you purchase are frequently flimsy and can be snapped with a flick of the wrist or a pair of pliers. Thus, many travelers buy more secure luggage locks. However! If the locks you use aren't **TSA-approved locks**—locks that all airline security personnel can open with a key or a code—and a physical inspection of your bag is required after you've checked it and left the area:

- Screening officers will ask an airline representative to try to locate you so that you can return and provide the required key or combination.
- If you cannot be found, airline personnel can legally destroy your lock(s) with a bolt-cutter in order to gain access.

<http://www.catsa.gc.ca/locked-baggage>

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Please Note: Even if secured with a TSA-approved lock, the contents of any checked bag remain vulnerable.

The main compartment zipper track (even of hard-shell luggage) can easily be popped open with a **ballpoint pen**. The bag can be ransacked. Then, the main compartment can be re-zipped without ever disturbing even the sturdiest luggage lock.

Or, thieves can simply unzip an external zipper compartment, cut through the thin material that lies between that and the main compartment, shove their hands in and grab whatever feels valuable, closing the external zipper compartment when finished.

Either way, you'll not know that a checked bag has been breached until you reach your lodgings, unpack it, and discover that something's missing.

<http://imblacknittravel.com/travel-safe-luggage-1/>

<http://petergreenberg.com/2013/03/27/new-luggage-gear-designed-to-prevent-theft/>

Expensive, high-tech, anti-theft bags also *cannot* guarantee luggage security.

Yes, they may have some kind of ballpoint-pen-defying zipper, and their main compartment fabric may be embedded with slash-proof, stainless steel, wire mesh, but TSA personnel have access to *any* luggage lock—approved or otherwise. While airlines hate to admit it, thieves have been known to obtain employment as TSA or airline personnel.

What Should You Do?

- Pack nothing of value in your checked luggage!
- Focus on keeping the compartments of checked bags securely closed during normal baggage handling.

If the zipper pull-tabs used to close checked luggage compartments are unsecured, they can become snagged on an automated baggage distribution system and accidentally opened. (Hello, sexy underwear or other embarrassing items traveling around the baggage claim turnstile!) The trick is to ensure that all checked luggage compartments stay closed, while giving TSA personnel easy access for inspections.

Strong, plastic-coated twist-ties are the best means of preventing zipper pull-tabs from accidentally opening. Twist-ties can be reused multiple times and don't catch on anything during baggage handling. Best of all, TSA personnel can search your twist-tie-closed compartments anytime they need to. According to Chas:

"In all the years I've been closing my checked luggage compartments with plastic-coated twist-ties, TSA personnel have *never* failed to re-twist-tie the closures after inspection."

The very best twist-ties for securing checked luggage compartments are those made of heavy duty, plastic coated **tin-tie strips**—the kind commonly used to close items such as bags of gourmet coffee.

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Tin-tie strips consist of **two wires** enclosed in thicker plastic than that which usually covers individual plastic-coated twist-tie wires. The *two* heavy duty, plastic-coated twist-ties created when one tin-tie strip is **cut down the middle** are each super strong and durable.

Most main luggage compartments are closed by **two zipper pull-tabs coming together**, anywhere along the zipper track. When united, they form a common central canal where a luggage lock could be employed.

Instead of using a lock, it's easy to prevent main luggage compartment zippers from accidentally opening by threading a heavy-duty, plastic-coated, tin-tie strip-half through the canal, and twisting it closed.



External luggage zipper compartments, unfortunately, are rarely closed by the meeting of two zipper pull-tabs.

To secure external zipper compartments, insert a **large, sturdy safety pin** just beyond the place where it closes, giving you an anchor to twist-tie the zipper to. Yes, a safety pin could snag on something. But, but it takes far more force to break a sturdy safety pin than it does to open an unsecured zipper pull-tab.

Pill Packing

If you only have one or two prescription medications and you want to pack them in their original Rx containers, stuff cotton balls inside the containers to keep travel motion from cracking open capsules or turning pills into dust. Alternatively, pack them in snack-sized zip bags, roll out the air, zip the bag, and put your well-cushioned pill bags in a carryon.

Twilighters who take several Rx meds or vitamins each day may use pill organizers when at home, consisting of compartments that can be preloaded with daily doses for a week or more.



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These organizers are too bulky to pack and, like original Rx containers, don't protect the contents from being pulverized by travel motion. They're quite handy, however, for pill packing preparation.

Buy some tiny, plastic zip-lock bags. Available at any craft or hobby store for less than \$5 per package of 100 bags, the 2"x3" size is perfect for packing daily doses of pills or capsules. (These tiny zip-lock bags are also handy for packing extra camera batteries or memory cards, as described in our **Photography Twi Travel Tips PDF**.)

<http://www.TourTheTwilightSaga.com/TipsB2/B2Photography.pdf>

Load your pill organizer, then dump each day's collection of pills/capsules into one little baggie. **Be sure to pack at least *two* extra days of drugs and vitamins in case your return home is delayed.** If you're like Chas and take a slew of vitamins and Rx meds at bedtime, but only a couple in the morning, you can pack the morning pills in several daily dose bags, *or* pack enough of them in one bag each. Similarly, if you take some Rx meds or supplements only a few times a week, pack enough of them in a single bag.



The photo at left represents Chas' 12-day trip supply of meds, drugs, and vitamins.

The two tiny zip bags in the lower right corner each contain 14 days-worth of her morning vitamins. (Remember, for a 12-day trip you should pack 14-days of meds, drugs, and vitamins.)

To their left are only 4 of Chas' daily bedtime bags. 14 of *those* would be too big a pile to photograph with the other bags in one frame.

What's in the *snack*-sized zip bag at top? Miller's **ibuprofen**—generic **Advil**.

Over-the-Counter pain meds are far more expensive when purchased in small quantities at a convenience store. When at home, buy an economy-size container of ibuprofen (Advil)—or Tylenol, if you prefer (**acetaminophen** in the US and Canada, **paracetamol** in the UK and Europe)—and pack plenty with you, in a snack-sized zip bag.

Once you've packaged all your meds, drugs, and vitamins into tiny or snack-sized zip bags, stuff the lot into one quart-sized zip bag.

Add the **original copy of your most recent Tax Receipt for each Rx drug** to the bag. (A copy of these receipts will be stashed with your other important documents in each item of baggage.)

Roll out the air, zip the bag, and put this well-cushioned collection of all your pills in a **carryon**.

You're ready to fly!



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Zippity Doo DO!

Extra zip lock bags are incredibly handy to have with you, for a multitude of reasons.

According to Rick Steves:

“Bring a variety of sizes. ... they're ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. The two-gallon jumbo size is handy for packing clothing. Bring extras for the flight home.”

In addition to being perfect for packing some spare clothing in your carryon, zip bags are wonderful organizers for stuff such as receipts, post cards and pamphlets, little souvenirs picked up along the way—basically, the list of stuff you can store in a zip bag is endless.

Roll up several sizes of empty zip bags and stuff all of them into one gallon-sized bag. Roll out the air, zip it, and pack it in your checked luggage.

Miscellaneous *Really-Good-To-Have* Items

The following items are helpful to have when traveling. They're lightweight and can be purchased at discount department stores or online. In fact, the items below that are prefaced with a green-star [★] can be found in the **Travel Supplies & Gadgets** section of the **ANH Travel Store**.

<http://anovelholiday.com/book-and-travel-store/>

★**Balega Hidden Comfort Socks**

Tara Bellers, a frequent Novel Holiday travel guidebook contributor, swears that she's never suffered a single blister since discovering these socks.

“Though I've worn and washed them many times over the years, the first Balega socks I bought are still protecting my feet. Well worth the price!”

A variety of sizes and colors are available in the ANH Travel Store. Alternatively, click on the “Find Us Locally” tab on Balega's website to search for a seller near you.

<http://www.balega.com/>

Binoculars

Chas carries a small pair of cheap, plastic, folding binoculars she once received as a party gift.

Although they can only be minimally focused, their 3x18 magnification allows for reading street signs a block away. (“Saves having to backtrack because I went the wrong direction!”) Those interested in enjoying super close scrutiny of flora and fauna should consider purchasing a higher quality of binoculars, such as the ★**Emerson Mini Binoculars** (\$9.65).

Carabiners

A carabiner is a metal loop with a spring-loaded gate. Heavy-duty carabiners are used by mountain climbers for quick and easy attachment or detachment of equipment to or from a belt—*or*, for securing life-lines to anchors vital for preventing falls.

<http://en.wikipedia.org/wiki/Carabiner>

The **not-for-climbing** variety of carabiners are far less expensive, and perfect for a Twilighter's needs.

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[©2005 Polyparadigm]

Yes. Clipping stuff to your belt or bag strap might make you look like a silly tourist. But, carabiners are too helpful to be avoided merely due to appearance concerns. **You are a tourist. Embrace it!**

By using carabiners to attach things such as shopping bags to your belt or bag strap, you'll be able to **sightsee with your hands free**, and can **avoid losing things** because you set them down to snap a pic and forgot to pick them up again.

★The ANH Travel Store offers a 6-pack of **Grizzly Grip Utility Carabiners** for \$10. You shouldn't need more than 2 or 3 of them.

★A Compass is Crucial for Twilighting Anywhere!

From Chas: "Whether wandering a big city or trekking through a forest, you *must* have a compass to ensure that you don't head in the wrong direction. Happily, even the cheap, pin-on, plastic versions work well. I bought mine at Walmart for a couple bucks."

From DC Carson: "I have a cheap compass permanently pinned to my jacket. It's come in handy more than once while wandering in the Colorado Rocky Mountains."

Please Note: Several compass apps are available for smart phones. Unfortunately, if you're Twilighting in a remote location (such as some film sites outside of Vancouver, British Columbia) and cannot connect to a cell phone tower, the compass app won't work. An old-fashioned compass is more reliable.



[Photos above are not of equal scale and do not represent a size comparison.]

Above left is Chas' cheap Walmart compass. Above right is one of the **Keychain Compasses** available in the ANH Travel Store. Either is easily attached to a jacket zipper or touring bag strap.

Condensable, Zip-Out Travel Bags

DC Carson says: "I have one of those nylon bags that zips-out to be quite large. It's great for grocery shopping while on holiday, for stowing several bags of stuff purchased during a day's tour, or for packing the few things I'll need on a short train or bus trip. When empty, it folds down to about the size of a coaster! Wouldn't go anywhere without it."

★We offer three types in the ANH Travel Store. Consider bringing *two* in case of a blow-out, or an unbridled shopping spree.

The Rick Steves Hide-Away Tote is a sturdy zip-out bag, and well worth its \$20 (£12) price tag. Although you'll probably not need a blow-out backup for this bag, you still might want two of them. <http://travelstore.ricksteves.com/catalog/index.cfm?fuseaction=product&id=38>

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***Flashlight**

Buy at least one small, LED flashlight (torch) to bring on your trek. Keep it in your carryon bag, touring bag, or backpack. If it isn't disposable, pack one reload of fresh batteries. Consider bringing two or more of the cheap, disposable versions with you, so they can be stashed in several places, and handy at all times.

***Insect Repellent**

Especially in the summer months, Twilight Saga forest locations are home to a variety of biting insects, including black flies, deer flies, horse flies, and mosquitoes. To effectively repel these hearty insects, the product you use must contain at least a dollop of **DEET** (*N,N-diethyl-meta-toluamide*). Thankfully, modern-day DEET-containing insect repellents are safe, especially when only used during brief trips.

***A Laundry Kit and *Tide-To-Go Stick**

These items are small, lightweight, and vital to minimizing the amount of clothing you pack. Along with a few packets of detergent, the laundry kit includes a sink stopper and a suction-cup-anchored laundry line for hanging hand-washed clothes to dry in the bathroom of your hotel or B&B.

A Tide-To-Go stick is small enough to be kept in your carryon bag or site touring bag, where it will be handy for erasing sudden spills and preventing many substances from staining your garments before they can be washed.

Consider also packing some ***Travelon Laundry Soap Sheets**.

Paperclips

Put several in a tiny zip bag and stick it inside the quart- or gallon-sized zip bag you plan to use for saving your receipts. Clip similar receipts together, or group individual days' receipts with them. Paperclips also come in handy for unconventional uses, such as hem repair, broken zipper tab replacement, book marks, and the like.

Shower Shoes

Cheap, rubber thongs—aka, flip-flops—are slim, lightweight, and important to ensure personal hygiene when showering away from home. They also can double as slippers. They are *not*, however, appropriate to Twilight Saga trekking on beaches or in forests.

***Survival Sewing Repair Kit**

A super suggestion offered by DC Carson, this kit contains everything you'll need for a variety of sewing or repair jobs while on holiday. It even includes a short roll of brass wire and 36 inches of Duct Tape. Most travel-size duct tape rolls come in packages of 2- or 4-foot (24- or 48-inch) lengths. If you're happy with 36 inches, you'll not need to buy a separate travel roll—such as the ANH Travel Store item mentioned next.

Please Note: Because this kit includes a "Military Approved Derma Safe Knife" (a razor blade that folds up into a plastic handle for safe storage), **the kit must be packed in your checked baggage.**

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***Travel Rolls of Duct Tape**

TTTS authors and contributors wholeheartedly agree with Rick Steves and Reid Bramblett: **Duct tape is a vital item to pack.**

Obviously, it comes in handy for any number of repair-related reasons. But, here's a use many may not know about: If you've suffered blistered feet while walking on holiday in the past, **protect the previously blistered areas with small sections of duct tape *before you go out.*** It's important that the tape is applied smoothly—no wrinkles!

Please Note: Some travelers suggest making your own, less expensive, travel rolls of duct tape by winding duct tape from a large roll onto a golf pencil or old credit card. Unfortunately, rewound duct tape may stick to itself, becoming difficult (if not impossible) to unpeel and use. We prefer spending a couple extra bucks to be sure that the travel duct tape we pack can quickly and conveniently save us in times of need.

***A Whistle**

When meandering within a remote wilderness area—or strutting down dodgy urban streets—you may want to have a whistle with you. The universal signal for “I need help,” is three, sharp and equally quick whistle blasts. Pause, then repeat the three blast pattern.

Visit the **ANH Travel Store** to see other handy items we've discovered.

Please Note: Products seen in the **Similar Items** list at the far left of the ANH Travel Store were *not* put there by A Novel Holiday authors or contributors. That section is automatically generated by **Amazon**. But, hey! If something looks interesting, check it out.