

# 5 Steps to Packing Your Carry-on Bag for Travelers 55+



By Jenny Desmond

Vive Más Tours

## **Packing for a 10-day trip doesn't have to be a nightmare.**

Executing the Goldilocks Effect, "Not too much, not too little" in your bag is something YOU CAN DO!

As a mature traveler, you probably dread the thought of exploring a 16th-century city with tennis shoes that give you blisters or discovering your South American destination is 60 degrees and you have no jacket.

This 5-step checklist of questions will help you make the smart decisions on exactly what to pack and what to leave behind. No more worries about lost luggage or a heavy suitcase on your dream trip.

## □ Step 1

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# What is the Weather?

Not only the average temp for this time of year, but what is it today? If your departure is more than a week away, check again the day before departure.

If your itinerary takes you to various elevations, pick out the cities where you will be overnight and look at their weather forecast.

We recommend *AccuWeather.com* for a reliable resource.





## Step 2

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# What Activities Will You Be Doing?

Are you going on a cultural tour that involves both time in the city and the countryside? You'll want good walking shoes that are easily cleaned after walks on dirt trails. Will you go to a ballet performance or an elegant place for dinner? Include a dressy outfit so you don't feel like a frumpy tourist at a special occasion.



## □ Step 3

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# Pack Only Enough for 5 Days

When you travel, there are often people who will do your laundry at the hotel or guesthouse for a small fee. If you're the person who prefers to wash clothes in the sink as you go, pack a little powdered laundry soap.

When you pack for 5 days, consider what can be worn multiple times between washings. I may be going somewhere that is 60-75 degrees, so I'll bring 2 pants and three shorts. I'll wear the heaviest pants (jeans!) on the plane.





## Step 4

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# Shoes

The eternal question! You may be the man who has a pair of everyday tennis shoes, a pair of black tennis shoes to wear with slacks, and water socks for ocean and river swimming.

This takes you right back to the activities. Are hiking shoes needed, or just nice to have? Can you wear the same shoes on a city walking tour? How about hiking sandals, could those be good for swimming in rivers with rocky bottoms? Are you a woman who will wear high heels one time during the trip, or could you get away with something less elegant that works with sundresses as well?

I challenge you to take no more than 4 pairs of shoes (this includes flip-flops in case you get a blister or your feet swell). As always, wear ones that take up the most room on the plane.



## □ Step 5

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# Money

When you travel internationally, it is often more costly to get destination currency before you leave, or in a U.S. airport.

If you are traveling with a tour company, they are guaranteed to know the lowest cost and safest way to get cash. If you're going on your own, Google, "Best way to get local currency in \_\_\_\_." Technology and scams change often, so follow advice that was posted in the last five years.

Check your credit cards and ATM cards to see if they charge a foreign transaction fee. Nerd Wallet has great advice on choosing an international credit card. \*If you're going to Cuba from the U.S., your cards won't work! You'll need U.S. dollars for everything (one reason why it's nice to be on a pre-paid tour).





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# What's your next adventure?

At Vive Más Tours, we specialize in small group tours designed with the active 55+ traveler in mind that are no-hassle, authentic, and So. Much. FUN.

Have you always dreamed of riding around Havana in a '55 pink Bonneville with the top down? We'll take you to Cuba and have you tapping your toes to the local music and more!

Looking for somewhere exotic? Discover historic Cartagena, named a top travel destination for 2024 by Travel & Leisure. You'll also walk among the world's tallest palm trees in Colombia's coffee country. You'll be surprised by this little-explored destination.

Let's have a 15-minute call to learn if one of these destinations is right for you.

**SCHEDULE A 15-MINUTE MEETING**

Attract<sup>o</sup>

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