

---



**YOUR GO-TO**  
TRAVEL  
GUIDE

how to prepare for and stay  
organized while traveling



COMPOSED LIVING

---

# Adventure awaits!

Hi friend!

Summer is my absolute favorite time of year, and nothing says summer like a good old-fashioned family vacation. The only problem? Packing for a trip can feel more like an added chore than a break.

I've compiled a list of travel tips that I believe will help you feel organized and stress-free for your next trip. That way, you're spending more time sipping a pre-flight Aperol Spritz, and less time running around wondering if you forgot to turn off the stove and sitting on your suitcase trying to force it to close.

Cheers to your organized travel adventures! I can't wait to see your amazing packing skills, and all the places you explore - tag us in your photos on Instagram ([@composed\\_living](#)) and Facebook ([@composedliving](#))!

Xo,  
Elsa



*Chad and I love to travel together, and we now have our packing skills perfected. We can travel for weeks using only one carry-on suitcase and a backpack! Above from right to left in Vail, Istanbul, & Maui.*

---

## *Travel like a Pro (fessional Organizer)*

- ❑ You know those little sample beauty products you get every time you buy anything? Keep those in a designated travel toiletry bag - no need to worry about travel sizes, and you'll actually use them up!
- ❑ If traveling overseas, confirm foreign credit card fees and make sure to alert your bank of your travel plans so you don't get a fraud alert.
- ❑ Make a photocopy or take a photo of your passport and driver's license. If anything happens to the originals, it will be much easier to replace them. Note: if you have a photocopy, be sure to store it separately from the original.
- ❑ Bring eyeglasses as backup to contact lenses.
- ❑ Write down (or take a photo of) all medications, prescription information, & instructions.
- ❑ Find a credit card, a bank, or a local credit union that will provide you with a card that doesn't charge foreign transaction fees or ATM fees. I love [Aspiration Bank](#) because they reimburse you for all ATM fees (anywhere in the world!), and I know there are others out there that do the same.
- ❑ Use [packing cubes](#) to keep your clothes organized. I like one for outfits, one for underwear + socks, and one for work-out clothes.
- ❑ Choose one color palette for your trip so that everything is interchangeable; try to coordinate all outfits with 1-2 pairs of shoes.
- ❑ Be realistic: are you going to be doing tons of walking on cobblestoned European streets? Maybe those 3 pairs of high heels can be eliminated.
- ❑ File fold your suitcase. You'll fit twice as much clothing!
- ❑ Pack a mini 'delayed flight' emergency kit: snack, refillable water bottle, a book, a small toy for little ones, etc.

## *Prep like a Pro (fessional Organizer)*

- ❑ Unplug small appliances in your home - why pay for electricity you aren't using?
- ❑ Cook all the food in your fridge before you go (or freeze it, or give it to a friend).
- ❑ Confirm whether or not you need a [Visa](#) (if visiting a foreign country).
- ❑ Make arrangements for your pets (boarding, a house-sitter, a kind neighbor...).

- 
- ❑ Water your plants and move them to an appropriately sunny or shady spot. If you're traveling for a while, ask a neighbor or friend to stop by and water them.
  - ❑ Ask the post office to [place a hold](#) on delivering your mail, or ask a trusted neighbor to pick it up for you.
  - ❑ Do your laundry! Before your trip, you ask? Yes. Absolutely. Nobody wants to come home to unfinished chores.
  - ❑ Take out the trash (same as above...you definitely do NOT want to come home to a stinky house!)
  - ❑ Run the dishwasher or hand wash any remaining dirty dishes.

## *Last minute reminders:*

- ❑ Bring [power adapters](#) for international travel.
- ❑ Bring headphones for the plane.
- ❑ Don't forget your phone charger!
- ❑ Are you renting a car? Bring your car charger, too!
- ❑ Bathing suit. Everytime. You just never know!
- ❑ Sunscreen. Especially if you're going to a resort - the upcharge on sunscreen is enough to pay for another vacation.
- ❑ Bring your prescription/allergy medications.
- ❑ Bring a basic first aid kit (at the very least, band-aids for the inevitable blisters from wearing those shoes that you KNEW you shouldn't have packed).
- ❑ Bring a little bit of cash which you can exchange for local currency at the airport. (I wouldn't normally do this because the exchange rate is high, but just this once so you're prepared). We recently landed in Lisbon, hopped in a taxi to our hotel, and then found out the taxi driver only accepted cash...and of course we had none. And it was midnight. And there were no banks or ATMs around. Ugh. Just do better than me and bring a little bit of cash.
- ❑ Pack your sunglasses! (And a hat, if you're a hat person).
- ❑ Pack something fun for your little ones! Snacks, a game, even just a notebook and pencil. My personal fave is a deck of cards.