

A Guide for Women Packing Light and Smart



Finding Wow Travel LLC




Hello there!

We all look forward to traveling and exploring different places, feeling excited about the thrill these adventures bring. But when it comes to packing, here's where most of you start feeling overwhelmed. As women, we often dread this task because we never seem to manage packing light for the trip. And it's easy to understand why you want to take everything you can (just in case), and you also want to look fashionable. Knowing how stressful this venture can be, we've come up with the ultimate guide to packing light for women. Here, you will find an extensive list of tips and advice you can use next time you prepare for a trip. Hopefully, this will make packing light more convenient while still allowing you to travel with style. So, without further ado, let's delve into the matter!

The beauty of traveling

We bet all of you will agree there's no such thing as exciting as travel. Taking advantage of the chance to explore new places, meet new people, and explore different cultures offers a unique experience that truly satisfies your soul. It's also a great opportunity to get out of your comfort zone and explore what the world has to offer, allowing you to look at things from a brand-new perspective. Even though going alone has its perks, traveling with a group of fellow women is a unique adventure on its own. It allows you to meet new people with similar interests and share previous experiences and travel hacks, all while feeling safer as you travel together. Not only will you make some amazing memories with other women, but you'll also make sure you'll always have someone taking photos of you wherever you discover a new breathtaking location. If this sounds like a trip you are excited to go to, then you should start thinking about preparing for it. And one of the most important parts of this getting ready process is packing light and smart. But before we discover all the practical tips and techniques you can use to pack light, let's first answer why traveling light is the best decision you can make!





Why should you pack light, anyway?

Traveling light has many advantages than you've probably thought of, making your whole journey much easier and more enjoyable. Even if you've never done this before, you must have admired how other people effortlessly glided from one place to another as you struggled to pull your large 25kg+ suitcase. Packing light allows you to enjoy your travel much more, making the whole trip incredibly convenient. Here are the most apparent reasons why you should consider changing the way you've been packing all along:



- ✓ YOU'RE CARRYING LESS WEIGHT- CARRYING A SINGLE BACKPACK RATHER THAN A LARGE SUITCASE OR SEVERAL HEAVY BAGS DEFINITELY MAKES MOVING AROUND MUCH EASIER. THIS IS ESPECIALLY HELPFUL IF YOU'RE GOING ON A MORE EXTENDED TRIP, WHICH REQUIRES CARRYING YOUR STUFF FROM ONE PLACE TO ANOTHER.
- ✓ IT REDUCES STRESS- AS WOMAN, ALL YOU WISH FOR IS A RELAXING VACATION WHEN YOU CAN DE-STRESS AND FORGET ABOUT ALL YOUR WORRIES. PACKING LIGHT WILL SURELY HELP ACHIEVE THIS GOAL, ALLOWING YOU TO KEEP YOUR EYE ON ONLY ONE MEDIUM-SIZED BAG INSTEAD OF SEVERAL LARGE ONES.
- ✓ IT MAKES TRAVEL MORE AFFORDABLE- MANAGING TO FIT YOUR ESSENTIALS IN A SINGLE BAG MEANS NO MORE SPENDING MONEY ON LUGGAGE. THIS IS ESPECIALLY HELPFUL IF YOU PLAN ON TRAVELING BY PLANE, SAVING YOUR HARD-EARNED MONEY SO YOU CAN SPEND IT ON ACTUAL EXPERIENCES.
- ✓ YOU'RE SAVING TIME AND ENERGY- PACKING LIGHT ALSO HELPS YOU SAVE PLENTY OF TIME AND ENERGY, AS YOU'RE NOT FORCED TO RUN AROUND DRAGGING HEAVY BAGS AND SUITCASES. PLUS, TRAVELING WITH ONLY ONE BAG ALLOWS YOU TO TRAVEL IN STYLE. AND ISN'T THAT HOW ALL WOMEN SHOULD ALWAYS TRAVEL?

How do you travel light and in style?

Now that you've discovered the most significant advantages of packing light and smart, it's time for us to share with you the best tips and advice to help you travel light. However, we have decided to up our game a little and provide you with some useful hacks on how to minimize your luggage while still staying stylish. We know how women enjoy being dressed fashionably and look great in photos- and there's nothing wrong with that! Whether you're traveling in an exotic place or spending your vacation exploring the culture on the mainland, staying stylish can still be one of the most important things on your travel list. Now, we know this has been a huge concern for many women, trying to balance out their love for fashion and the convenience of packing light. Therefore, we combined our efforts to create a list of tips that will help you pack efficiently and with class. We will introduce you to the notion of a capsule wardrobe and tell you all you need to know about it! Take a look at the following tips and discover what it takes to achieve this packing goal:





1

Use what you have

One of the most important things to remember about traveling light is to pack clothes you already have at home. There's no point in spending money on a shopping trip before starting your vacation. Sustainability is a huge trend nowadays, and you need to implement it when it comes to your clothing, as well

2

Choose neutral clothing pieces

Neutral hues are pretty easy to combine, so we always recommend choosing a few neutral items. For example, black works best if you're traveling in a city, but light beige and white are optimal for a beach vacation. If you find black looks too harsh on you, swap it for navy instead. It's still a neutral item you can easily combine to create a stylish look!

3

2-to-1 ratio:

This means you need to pick 2 tops per bottom, as you're more likely to be changing tops along the way. Ensure all these items are comfortable and easy to care for so you don't have to iron them daily



A black bottom and a white shirt are a must

4

These are some travel essentials all women should remember when packing their bags. A white shirt is quite easy to use when creating both casual and more formal outfits, and it easily pairs with bottoms in any color. The same goes for a black pair of pants- there's no doubt they go with everything, making them a great choice as you're traveling to create your practical wardrobe capsule



Don't forget to pack a topper

5

This can be a jacket or a lightweight sweater you can wear on top of most of your planned outfits. For that reason, choose a neutral-colored topper, as it's easiest to pair. This is a travel must-have as you don't know when you might need it.

From optional: a dress

6

Although this isn't on our list of must-haves, you can pack one or two dresses, depending on where you're traveling. For example, if you're visiting a tropical destination, packing a dress will be handy. You can even consider taking one casual and one formal dress and have two different options to choose from depending on the occasion..



7

Jewelry

Almost all women love jewelry, and there's no reason why you shouldn't pack a few shiny bits and pieces for your trip. They certainly don't take much space and are best used as stylish details to elevate your outfits. Just ensure you pack these in a separate bag and always keep it close to you.



8

Shoes

Packing the right pair of shoes is probably the biggest challenge you will face as you figure out how to travel light. As these all usually take up plenty of space, you will need to decide on a pair that will go well with most of your pre-planned outfits. From experience, we recommend you decide on two pairs of shoes, the heavier of which you will wear on your feet. Pack a comfy pair of sneakers, which you'll wear more often, and depending on the season and the destination, a pair of flats, sandals, or boots



The most important thing to remember while packing is to opt for comfortable clothing. In fact, you should guide your clothing decisions based on whether they make you feel good or not. There's no point in packing clothes that might look appealing but which don't allow you to travel or move around comfortably.

However, if you have favorite clothing that doesn't fit this standard, but you have little room left in your luggage, then feel free to pack it. Just remember to do this after you've already packed everything else to ensure you're not sacrificing the space you need for something that is more essential to pack.

How do you make clothes lighter when packing?

We've already shared the packing tips women should know when preparing for another exciting adventure. Practicing them will help you minimize luggage and leave with a smaller bag you can easily carry around during your travel. But what if you want to elevate your packing experience further? Well, we have a few other tips to make your backpack more lightweight, so explore them carefully:



Pack for the length of your travel



although we said you should pack approximately 10 clothing items, this number can vary greatly based on the destination, as well as the number of days you'll spend on your vacation. So, if you're visiting a tropical destination, there's no point in packing several jackets or sweaters. Similarly, if you are packing for a three-day trip, you don't need to take that great number of items, as three to five outfits will be just enough. By simply being guided by the length of your travel, you can significantly reduce the number of items you pack, thus making your bag lighter. -

Opt for travel-size toiletries

Everybody has their own skin and body care routine. Going on a vacation doesn't mean you should abandon it. However, we recommend you purchase travel containers to transfer your skincare essentials in the amounts you will need for those days. Or, you can skip packing these overall and buy a shower gel and shampoo once you arrive at your destination.



Choose lightweight and multifunctional items

Even after you've decided to pack clothes only for the length of your stay, there's no need to get your heaviest ones. Instead, look for lightweight items that are easy to combine and don't take up a lot of space. This will ensure your bag isn't overly heavy, allowing you to carry it around easily.



How-to-pack-light hacks?



Packing light and smart doesn't only revolve around choosing the optimal amount of clothes. There are still a few other things you should know, all of which are intended to help you travel lighter and way more convenient.

- PACK YOUR MUST-HAVES FIRST-

we've already mentioned this, but it's surprising how many people disregard it. However, if you wish to get the most out of your travel and not worry about dragging heavy baggage around, focus on packing your essentials first.



SO, BASIC CLOTHING, APPROPRIATE FOOTWEAR, A FEW JEWELRY PIECES, AND TRAVEL-SIZE SAMPLES OF YOUR SKINCARE ROUTINE. IF YOU'RE TAKING ANY MEDS OR SUPPLEMENTS, PLAN HOW MUCH YOU WILL NEED TO TAKE WHILE YOU'RE ON VACATION. THE EASIEST WAY TO PACK THESE IS USING MEDICINE CONTAINER BOXES, WHICH HAVE DESIGNATED SPACES FOR EACH DAY OF THE WEEK.

-

Pack a first-aid kit

- EVEN A SMALL SCRATCH OR A SLIGHT HEADACHE CAN MAKE YOU STRUGGLE IF YOU DON'T HAVE A BANDAGE OR ADVIL AT HAND. THEREFORE, CONSIDER PACKING A FIRST AID KIT CONTAINING A FEW ESSENTIAL ITEMS. HERE IS WHAT YOU SHOULD PACK



Adhesive bandages
ANTISEPTIC WIPES
TWEEZERS



THERMOMETER
OTC PAIN MEDS
YOUR PRESCRIPTION MEDS



PERSONAL IDENTIFICATION: CARRY PHOTOCOPIES OF YOUR PASSPORT, DRIVER'S LICENSE, AND OTHER IMPORTANT IDENTIFICATION DOCUMENTS. IT'S ALSO A GOOD IDEA TO KEEP DIGITAL COPIES STORED ON YOUR PHONE OR IN CLOUD STORAGE.

Pick a lightweight bag

whether you think of traveling with a backpack or a handbag, choose it wisely. Sometimes, these things can weigh quite a lot on their own, adding a few pounds to your overall baggage. Therefore, you should invest in a lightweight bag that it's also durable, allowing you to carry your items safely and comfortably.

Pack the heaviest items on the bottom

this refers to your footwear, as those are usually the heaviest items you will pack. Whether you've chosen a travel bag, a simple backpack, or one with wheels, pack the shoes first

Roll your clothes

Although this doesn't make your luggage lighter, it helps save space. By compressing your clothes, you will have just enough room to fit all your things and even end up carrying a much smaller bag than you originally planned to.

Create a packing list

reading about how to travel light and discovering all the useful tips seems quite easy- as long as you don't start the actual packing process. This is when most of you forget something, which can stress you once you set out on the trip. Therefore, it's wiser to create a packing list beforehand where you will write everything you need to pack. Then, when it's finally time to prepare, you can easily cross items from your list, one by one, ensuring you're taking everything you need.

Pack for one week at most

even if you plan on vacationing for more than a week, packing 7 days worth of clothes is just enough to get you around. You can always do laundry and have all of them clean and fresh by the end of the first week.

How do you pack lightly for 7 days?



We've already established that going for a capsule wardrobe is what women will find most practical. Now, when it comes to having a straightforward list of items for a 7-day vacation, here's what you should take with you:

3-4 TOPS

1 DRESS OR DRESS SHIRT

2-3 BOTTOM

1 JACKET OR LIGHTWEIGHT CARDIGAN

2 PAIRS OF SHOES

SUNSCREEN AND MAKEUP ESSENTIALS

FIRST AID TRAVEL-SIZE KIT

A FEW PAIRS OF SOCKS AND UNDERWEAR

A FEW JEWELRY PIECES

THIS SHOULD BE ENOUGH TO COVER YOUR 7-DAY TRIP, AND YOU CAN ALWAYS WASH SOMETHING TO ENSURE YOU HAVE CLEAN CLOTHES WHENEVER YOU NEED TO CHANGE

Common packing mistakes to avoid

Now that you're aware of all the packing tips you need to travel light and in style let's present to you the most common packing mistakes women make, which you should definitely avoid:

Picking the wrong bag- choosing a bulky or heavy bag will only make your traveling more complicated, and will waste your energy.

Overpacking- taking more clothes and shoes than you need and will use is unnecessary, as it will have you carry around a heavy suitcase without actually needing all the items you've packed.

Not having a list- it's really important to create a short checklist containing all the items you need to pack. Otherwise, you'll likely forget something or pack items you don't need.

Not checking the weather- no matter where you go, always remember to check the weather forecast for the length of your trip. Packing light also means packing the right clothes, so make sure the weather guides your decisions.

Bringing too many shoes- there's truly not a chance you will wear 4-5 pairs of shoes on your week-long travel. So, stick to 2-3 pairs, and don't make your bag weigh more than it absolutely should.

Only packing light colors- remember what we said about neutrals and how we mentioned the color black in the list? Well, packing at least one or two dark-colored items is essential, especially if you plan on going out for the evening, either for a casual walk or dinner.



How can I look elegant while traveling?

We know how most women admire elegance, trying to make the most out of their outfits. If you've always wished to travel in style but weren't sure how to make this happen, we're here to tell you that it's simpler than you thought. Apart from following the advice we've already shared about packing neutral clothes which are easily combined, here are a few tips you can use on how to be stylish while traveling:

- ✓ Choose versatile and comfortable clothing.
- ✓ Layer things to achieve a sophisticated look.
- ✓ Opt for trendy but comfortable footwear you can wear for several hours.
- ✓ Don't forget your beauty and skincare routine.
- ✓ For summertime trips, take a pair of chic sunglasses that will elevate each one of your outfits.

Despite the excitement going on a trip gives, we know how overwhelming it can be to pack everything you need beforehand. Therefore, we truly hope this informative booklet will be handy to all 55 plus women interested in traveling lightly and with style. Not only that, but it will help you foster new traveling habits that will always be convenient for your trip. Read through it once again before you start packing, and you can rest assured you're fully prepared for yet another adventure. And if you still haven't found your next destination, get in touch with us. We can't wait to help you plan an utterly enjoyable trip. Bon Voyage!

Let's Get Started!

"Welcome to Finding Wow Gals, a community built for adventurous women who seek unique travel experiences and a sense of togetherness. My name is Kristine, and I am the founder of this empowering platform.

After the passing of my husband, I realized how challenging it can be for women to travel solo and feel secure in unfamiliar places. Determined to create a safe and supportive community, I started Finding Wow Gals. Our mission is to redefine the way women travel, combining adventure, cultural wellness, and exploration into transformative experiences.

From exploring the picturesque national parks of the United States to embarking on exhilarating expeditions in enchanting destinations like Iceland, we leave no stone unturned in our pursuit of adventure. Join us as we swim with sea lions in the Galapagos Islands and encounter the unique wildlife of this captivating archipelago.

For those seeking a magical autumn experience, we venture to the northeastern part of the US to witness the glorious spectacle of fall foliage. Thanksgiving offers a time for relaxation as we indulge in cooked feasts on a luxurious cruise ship, while Christmas and New Year's celebrations take us on a memorable journey through the seas.

FINDING WOW GALS IS NOT JUST ABOUT TRAVEL;
IT'S ABOUT FOSTERING CONNECTIONS AMONG
WOMEN WHO SHARE A PASSION FOR
EXPLORATION. OUR COMMUNITY IS A PLACE
WHERE LIKE-MINDED WOMEN CAN COME
TOGETHER, CELEBRATE THEIR INDEPENDENCE,
AND FORGE LIFELONG FRIENDSHIPS. LET'S
EMBARK ON THIS INCREDIBLE JOURNEY
TOGETHER!

JOIN US AT FINDING WOW GALS AND DISCOVER
THE EXHILARATION OF TRAVEL, THE JOY OF NEW
EXPERIENCES, AND THE EMPOWERMENT THAT
COMES FROM SUPPORTING AND CONNECTING
WITH FELLOW WOMEN ADVENTURERS.
TOGETHER, LET'S REDEFINE TRAVEL AND CREATE
MEMORIES THAT WILL LAST A LIFETIME."

Kristine



717-440-4417

findingwow@gmail.com

WWW.FINDINGWOWTRAVEL.COM

FINDING WOW TRAVEL LLC