

Title:

How to Be Prepared for Anything

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713

Summary:

Your vacation is planned, you're packed, but do you have everything you'll need? If you were

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Article Body:

Your vacation is planned, you're packed, but do you have everything you'll need? If you were

Don't over pack. Know what your route is, and what you'll be doing when you get to your destination.

Know the climate of your destination. If you are going to the desert, is it necessary to carry a canteen?

Do your packing around a main coordinating color. Neutral colors, black, or khaki are colors that are easy to pack.

Choose your clothes carefully. Select several different layers and colors that will pack easily.

Never take more than five or six changes of clothes. Make them interchangeable and durable and easy to pack.

Packing for a child is similar to packing for an adult. One step you might want to consider is to pack a small backpack for your child.

Let your child pack a small backpack with a few favorite toys and snacks that he can carry himself.

Always be prepared with any medications they might need. If you know your child is prone to allergies, pack an EpiPen.

Electronic toys should be picked with care. Choose the ones where the sound can be turned off.

Some basic packing tips to remember are, stuff socks in your extra pairs of shoes; underwear in your shoes.

From experience, if you are on medications and you are flying, always pack your medications, a first aid kit, and a travel kit.

Avoid packing important items such as travel documents, medication, keys, cameras, money, or other valuables in your luggage.

Be prepared for anything that might come along on your vacation, it could be an unexpected cold or flu.

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