

## The Veldman Guide to Packing Light for a Month Abroad

*The Guiding Principle: Think flexibility, think layers.*

Make sure everything you bring goes with everything else; in other words, do not pack "outfits."

Pack tanks that layer under tee-shirts that layer under button-down shirts that layer under sweaters. Make sure every tank goes with every tee-shirt; every tee goes with every button-down; every button-down and tee goes with every sweater.

Make sure every top goes with every bottom. Make sure every top can be worn alone or layered.

Make sure every pair of shoes goes with every item of clothing.

Easiest way to do this: pick a few colors and stick with those.

Use lightweight, small-space items for variety: jewelry, scarves, caps.

### *What to bring:*

- 1 hooded waterproof jacket—not water resistant, *waterproof*—be sure it has a hood; look for one with a "bill" to keep the water from streaming down your face; look for a longer jacket—something that covers your butt. As long as you bring a sweater or sweatshirt, the jacket does not have to be lined.
- 1 pair solid, waterproofed walking shoes or boots—look for good arch support, bottom cushioning—Good brands include Clark's, Merrill's, Timberland, Ecco. Make sure you break them in before we go.
- 1 additional pair decent walking shoes or sandals. NOT flip-flops. NOT backless sandals. NOT ballet slippers with a thin bottom and no arch support.
- 1 pair nicer shoes or sandals—but still walkable. No stilettos! No flip-flops!
- 2 pair jeans (you can wear jeans at least three times before they need to be laundered)
- 1 pair nicer pants
- 1 cotton or jean skirt—something that you can wear with bare legs on hot days, with tights or leggings on colder days, something that can be dressed up or down
- 3 short-sleeved tee shirts
- 2 long-sleeved tee shirts
- 1-2 tanks or camis (if you wear them) that can be worn alone or worn under the tees
- 3 long-sleeved shirts that can be worn alone, or layered over the tees or under the sweaters
- 2 sweaters or 1 sweater and 1 sweatshirt (make sure one is nice enough for decent restaurants or the theater) that can be worn alone or over the shirts and/or tees
- 5-7 undies
- 3 bras
- pjs—for flexibility's sake, bring something that can do double duty—sweats or loungepants you can wear outside, a big shirt you can wear outside
- 3-4 pairs of socks
- tights and/or leggings
- 1 small handbag (for nights out when you don't want to bring your backpack)

*If you intend to go clubbing - add one lightweight dress - but no additional shoes! Make sure it goes with 1 of the 3 pair of shoes you've already packed.*