

A red suitcase is open, revealing a white mesh divider and various folded clothes, including a striped shirt and blue jeans. In the foreground, a vintage-style camera and a red smartphone are resting on a white, fluffy surface. A large, semi-transparent white circle is overlaid on the suitcase, containing the main title text.

10 STEPS TO AVOID OVERPACKING

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FOLLOW THESE 10 STEPS TO LEARN HOW

This is a common packing question and we can help you by breaking it down in the following steps. Click on each of the following items to learn more about each one.

**I'm a Chronic Overpacker and
Don't Know How to Travel
Carryon Only?**

1

First, thing's first: don't stress. Packing isn't easy. Whether you're going away for a weekend or a year long trip with a bit of time, planning, and careful product selection you can pack well for any trip. These tips can help you if you want to travel carry-on only or if you simply want to choose the best options for your destination in a regular size suitcase.

These are a few quick ideas on [how to avoid overpacking](#).

2

Use one of these [international packing lists](#) to find clothing ideas to dress appropriately for your destination.

If you don't see your destination listed, post a question on [TFG's Facebook Page](#) and browse through our [regional packing lists](#).

3

You'll use the most important concept to help you determine what you do and don't need: a capsule wardrobe.

If you feel extremely overwhelmed at the idea of moving abroad, review this packing course which shows you specific techniques to plan around limited clothing choices, varying climates, and other unexpected life situations.

4

Don't overpack shoes. Choose ones that match all your clothing and pack no more than 2-4 pairs.

Read this 10 step guide to packing the best travel shoes for any trip. Browse our top travel shoe suggestions based on the footwear most recommended by TFG's readers.



5

If you haven't already purchased your luggage, take a look at the top recommendations for:

- [Suitcase Recommendations](#)
- [Carry-on Suitcases](#)
- [Rolling Duffle Bags](#)
- [Travel Backpacks](#)
- [Weekender Bags](#)
- [Toiletry Bags](#)

Read about [how to choose luggage](#) and the [best travel backpack](#).

6

One of the most important aspects about packing efficiently is using [travel organizers](#). Watch this packing video to learn [how to use packing cubes](#) to maximize space and ensure everything fits into one bag every time.

These are the top 12 reasons why I prefer [packing cubes](#) to other organizers.



7

Learn how to downsize your [toiletries](#) and try not to bring a lifetime supply of any product. For useful tips such as downsizing toiletries and choosing the best [travel makeup](#), visit our [Travel Beauty](#) section.

8

Packing well depends on your research. Determine what activities you will do on your trip to help you pack only the clothing you will use.

It's very important to check the weather forecast for your destination on [weather.com](#) or [bbc.com/weather](#) several weeks and days before your trip.

9

Reference these 10 step guides on packing by trip length for additional tips:

- [Weekend 2-3 days](#)
- [Vacation under 3 weeks](#)
- [Long Term Travel one month or more](#)

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Sign up for Travel Fashion Girl's monthly [newsletter](#) and get instant access to free packing templates, downloadable checklists, ebooks, and more!



For more help, read our getting started page and...

- Join our [Facebook group](#) to ask packing questions.
- Also, read our [Facebook page](#) to find answers to similar questions. Don't forget to "like" the page!
- Lastly, for additional visual inspiration, check out our [Pinterest page](#) and various clothing ideas.
- For ideas on where to shop, check out our [best online shopping sites](#).

Happy travels!

Alex

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