



Senior simple solution: When packing for travel, take your oldest clothes. Wear for a day or two, then dump them. Also take washable clothing into the shower each night, then hang it in the hotel room overnight to dry. Advantages: Carry-on bags are lighter for the return trip. Also, you'll have more room for stuffing those souvenirs and/or hotel towels to take home.

Go lite: Unless you're on a super-formal cruise or attending a function at the White House or Buckingham Palace, take basic, comfortable clothing. Dump the big, fat suitcase that must be checked: Avoid the heavy loads to lug around, check at the airport and, after flights, wait by the merry-go-round hoping they're not lost. Merely take a rolling carry-on and, if necessary, a small backpack.

Take only essentials: For several days before departure, make stacks on the bed next to carry-ons with everything you'll absolutely need for the trip. Then pack about half or less from the stacks and leave the rest at home.

Take your medicine: For those on regular meds, pack along enough for the days you'll be away from home, plus another full week's supply. It's wise to take along the names and contact numbers of your physicians.

Keep it clean: Don't anticipate you'll always have essential hygienic items available, especially if traveling to foreign countries. Also take adequate supplies of wet wipes, toothpaste, mouthwash, bathroom tissue and basic first aid items. Aware of airport security regulations, make sure you're carrying only approved items.