

Minimalist Packing Tips

So I've been traveling as a therapist for over 5 years now. (And as a traveling nanny for 10 years before that.) I too started this #travellife "tetrising" as much into my car as could humanly fit, as long as I could still get to the gear shift (kinda.) But each trip I began taking about half of what I had on the previous one. And you know what I've learned? It was EASIER the less "stuff" I had. Here are MY tips on the best way to pack for the road.

Pack for 2 weeks at the place you're headed.

Yep, that's what I said.

I know. I know. 13 weeks you're there. I got it. Been there. But.

Those are all of the shoes and clothes that you will need. You can always buy what you're missing when you get there, and donate it when you leave!

Once you get there:

Check out your new pad. What are you missing that you will need?

Kitchen gadgets:

Dollar Tree has everything kitchen. Bonus: It's a dollar.

Kitchen appliances & houseware:

Hit up Walmart and thrift stores. Paying \$8 for a toaster is better than traveling with a toaster. Just my opinion.

Anything else:

AMAZON IS YOUR BEST FRIEND. Don't forget to update your address.

This is what I bring:

Clothing:

- 1 pair of running shoes (for work and outside play)
- 1 pair of Converse
- 1 pair of black or nude heels
- 2 pair black yoga pants
- 2 pair sophie shorts
- 2 T-shirts
- 1 blazer
- 1 hoodie
- 1 long sleeve shirt
- 2 pairs of pajamas
- 14 pairs of socks
- 14 pairs of underwear
- 7 sets of scrubs

And THIS my friends, is my capsule wardrobe.

Other items:

- Toiletries
- Hair dryer/straightener
- Meds
- Laptop
- Cords for electronics
- Backpack
- Passport/IDs
- Files that I could need (Stored in Google Drive)

I know that packing light isn't for everyone. And that some people may need other accommodations. Also, if you have room in your car, bring that expensive-to-replace item that makes you feel like home! I have definitely traveled with my \$300 Vitamix. My theory behind packing light is this: Time is money. If it takes you a week to pack and get to your next assignment, that's a week of income that you missed out on. Now the \$8 toaster and the \$75 mattress pad from amazon seem worth it, when you consider you just made an extra \$1,700 for getting there faster. Also, I like to LIVE where I land. It's fun to acquire unique items from your new town and then release them back once it's time for you to go.

Just my thoughts. Happy Travels!

-Erica Harvitt, OTR/L
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