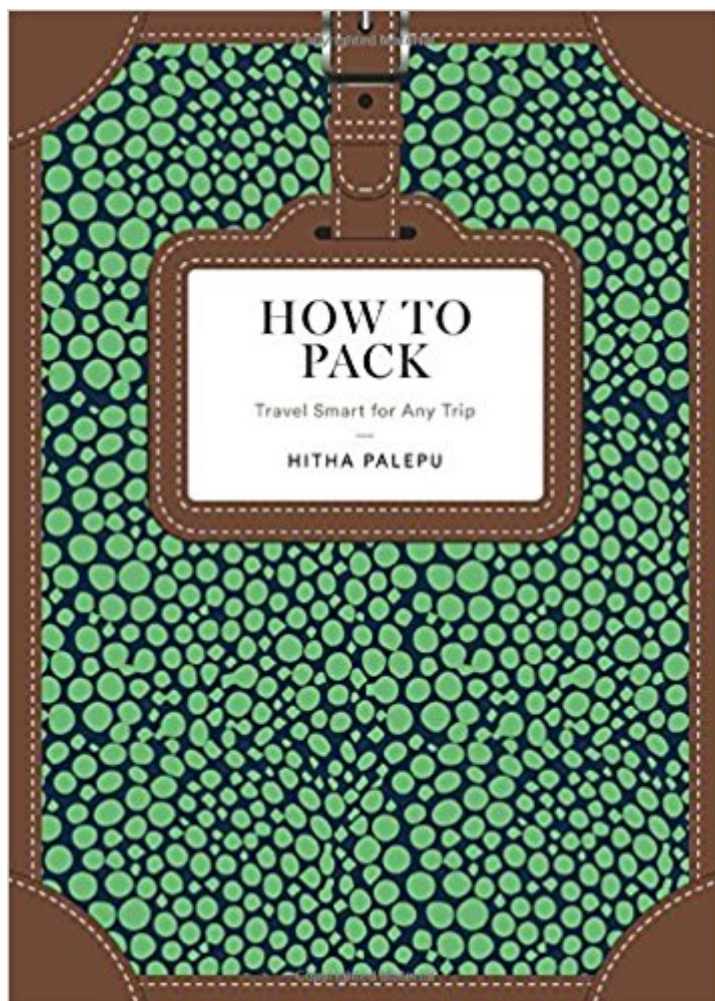


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# How To Pack: Travel Smart For Any Trip



## Synopsis

It's time to pack perfect. Every trip, every time. Your journey starts here. When you travel, the journey is just as important as the destination and packing is the first step. In *How to Pack*, Hitha Palepu, a former consultant who has traveled more than 500,000 cumulative miles around the world, shows that what and how you pack are who you are. Confidence and comfort inspire success upon arrival, whether you're exploring a new city, hoping to nail a job interview, or relaxing on a beach. In *How to Pack*, you'll learn about:

- Power Pieces vs. Fantasy Pieces: How clothing earns its place in your suitcase
- The Accessory Math Secret: The precise formula for all you need to finish off your outfits
- Folding versus Rolling: What's right for which items
- Globetrotter Gorgeous: Editing your beauty routine while still looking great
- The Packing Timeline: How to avoid "I'm forgetting something" syndrome
- Pack Perfect Lists: Samples and blanks for any kind of trip

## Book Information

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## Customer Reviews

"If you have the time to invest in following Palepu's tips for packing smarter, do it, do it, do it." --People.com

Hitha Palepu is an entrepreneur and a writer with extensive global experience in the life sciences, travel, and technology fields. She is the founder of Hitha On The Go, a lifestyle website founded in 2009 focused on helping women live their best lives. Hitha currently serves as the cofounder and chief operating officer of Bridge2Act, a start-up technology company enabling charitable giving in a rapid, easy, and more informed manner. The company launched NO.GIFTS, a platform for people to "gift" their special days to amazing causes. Prior to founding Bridge2Act, Hitha served as vice president, Business Development, for SciDose, a research-focused pharmaceutical company specializing in developing enhanced formulations for existing oncology and hospital injectable products. She was responsible for worldwide licensing of the SciDose portfolio and closed numerous deals totaling over \$300 million in several diverse geographic areas. Hitha graduated from the University of Washington with degrees in biochemistry and history. She lives in New York with her husband and son.

This is specifically for the Kindle version. The content of the book is good. Simple rules of packing to follow so you don't overpack (which is my constant travel problem). It's a quick read; I skimmed through the whole book in about an hour. But the Kindle version is not well done compared to the hardback. The graphics are misaligned, it looks sloppy and amateurish in kindle form (and it's more expensive). Wish I'd bought the hardback.

This cute little book is appealing to pick up - itself looking like a fancy piece of luggage with the title in the luggage tag. It opens up, following the same theme with a box saying 'in case of loss, please return to....' as you would have in luggage also. As a seasoned traveller for many years, I was intrigued as to what she would say. My type of travel was not business like hers however. She starts off with finding your packing personality - which, to be honest, I found a bit lame and like it was just a filler for the book. A lot of the book, to me, felt like filler - but then again a whole book on how to pack for some trips is a stretch. The Packing Timeline is fairly useful to help people feel organized over a period of seven days before leaving. She talks about the types of clothing you need and what to consider and planning outfits ahead. She provides removable packing lists at the back of the book. The whole book seems a light touch on the whole topic - but would be helpful for someone who travelled a lot for business as she did. Hitha mentioned at one point she was traveling three weeks of every month. Her tips are definitely helpful in this context. For me, not a lot of it was new. I hadn't heard about the TSA thing she mentioned where people can skip the security lines before

boarding. Also the option of ordering a vegetarian meal/vegan is a good idea as it's healthier and you get served first - something else I'll take away from the book. Aside from those two things, for me at least, there wasn't much else that was overly new. Much of my travel has been 12 hour plus flights so the idea of the inflight spa type stuff - where she talks about beauty lotions and hydrating skin care for in flight as a treat, is something I've done for years. On the whole - would I recommend it? I would only recommend it if you are new to travel and are female and have to travel a lot for business. This would be great for that particular niche. For others, you may get tidbits from it. It does discuss the value of different types of carry-on cases etc so there is lots of basic stuff that would be good for newbies. Please note that I was sent a copy of this book in exchange for my review, however the opinions expressed are entirely my own.

Are you like me and you try to think of every little thing you may need plus extras and then come back from your trip having only worn a little over half the items you took? Or do you not have a mental or physical list and have to find a store of some sort as soon as or before you reach your destination? Or maybe you just throw things in your bag and appear as if you slept in your clothes your entire vacation and find it difficult to locate anything in your bag. If you see yourself in any of these descriptions, *How to Pack* by Hitha Palepu may just offer you some assistance. Learn what types of bags might be best to fit your needs, tips for packing make-up and toiletry items, tips on the great debate between rolling or folding your items, how to get through security with ease, and much more. Only 110 pages stands between you and traveling/packing with confidence. I travel in seasons of my life. Lately, my suitcase has been my constant companion but I was probably around 35 before I traveled much farther than my grandmother's house in the same state I lived so packing wasn't something I grew up doing or felt confident doing. However, over the years, I have developed a mental list of must have items I run through right before I zip up my bag. Rarely do I have to run to the store to get something I truly need. Rarely, I will need one of those items that typically aren't needed except special occasions and a couple of those were added to the non-carry-on items right after 9/11. Even though I now consider myself a pretty efficient packer, I learned several new tips and realized what I might be doing wrong when I roll my clothing (it looks worse than those I fold!). I still need some help putting outfits together but that has been a long-time deficit of mine. If you know travelers, whether for business or pleasure, I think the perfectly sized hard backed version of *How to Pack* makes a thoughtful gift. Even the most seasoned traveler can do so more efficiently. The book comes with several blank packing lists so you can create your own go-to lists for a number of various types of trips. I did receive this book free from the publisher in exchange for an honest

review and am in no way obligated to write a positive one.

This book solved all my packing woes! Between the beautiful illustrations and the concise tips I definitely feel well-equipped to take on my next flight. The book reads like advice given by a trusty girlfriend and would make an excellent addition to any coffee table!

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