

HOW TO PACK A SUITCASE

Yes, there is a right way and wrong way to do anything. As a bear I keep putting things into the suitcase, then at the end, I sit on it with my enormous bottom and try to get it latched. There is a better way, especially if you don't have a bear to sit on the suitcase for you.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Go through an exercise of packing. Get your parents to assess your final results and offer advice. If possible, pack your own efficient suitcase for a real trip coming up.

- Gather the clothes you are going to need. Don't over pack. Think through the number of days you are packing for. Are there any special things, like a swimming suit, needed?
- Count out the amount of underwear you'll need.
- Pack a plastic bag to separate any dirty clothes from the clean.
- Another good thing to consider, will there be any laundry facilities? That can drastically reduce what you need to pack.
- Be smart about items that can have double purpose. T-shirts can be PJ's, etc.
- Roll softer non-wrinkle items. Rolling is far more efficient than folding.
- If you have to fold an item, it is best to be put on top.
- You could select bulkier items to wear so you don't have to pack them in your bag.
- Double bag any liquid items. There's nothing worse than a spill.
- Don't forget toiletry items, toothpaste, and any medication. Too often we think only clothes when packing and forget these items.
- Try to get by with one spare pair of shoes other than the ones that you are wearing.

