TIPS - Are you an overpacker?

https://www.youtube.com/watch?v=Eqc4A3J5rWg

1.	I usually bring three shoe options, because most of my vacation consists of
	nature and being in the city. I will mostly choose comfortable shoes and
	then I'll also bring some for dressier occasions, and then also hiking for outdoor.
2.	Try to use every inch of Use it inside your shoes for things like extra socks, underwear , swimsuits, belts, anything that is soft and can fit – put it in
	there.
3.	I like to put the hiking boots and shoes in a bag, just in case they get dirty . And I
	keep it at the
4.	With clothes, over your pants and then fold over the shirt in the middle, so basically it's putting a perfect line. You can put your socks and underwear
	here, so you have your whole outfit picked out for a day.
5.	I like to everything. I've found that this saves space and can help with some wrinkles .
6	Also bring a for nicer occasions, whenever I go out.
	This rolling method is good for pajamas or anything lighweight .
8.	I always bring a lighweight reusable bottle. It helps save money and also reduces from use.
9.	And I bring a small going out bag. I'm not gonna this big backpack with me everytime I out. It holds everything that I need: my passport, money.
10.	I saw a online where you can put credit cards and money in a mint tin and that's kind of also good way to some of your money.
11.	If I know that rain is in the, I will bring a small umbrella. If you're out in nature, you can also bring a poncho to save some space.
12.	Putting in a contact is a great solution. It's compact and if I'm on a flight or in high altitude , you know, it's not gonna burst out of the bottle.
13.	If you know you might need to do laundry , you can pack little bit into a small
	containter.
14.	If you're about toiletry spilling , put it in some plastic wrap over the
	and then put the cap on. It can help prevent leaks.

glossary:

consists of ...- składa się z ...

hiking - do chodzenia po górach / pieszych wycieczek

inch - cal

underwear - bielizna

fit - pasować

get dirty – pobrudzić się

keep - trzymać

outfit - ubiór, strój

wrinkles - tutaj: zagniecenia

whenever - kiedykolwiek

lightweight – lekki, o niskiej wadze

reusable – wielokrotnego użytku

backpack - plecak

mint tin – puszka miętówek

flight - lot

altitude – wysokość

burst out - wybuchnąć

do laundry – robić pranie

container - opakowanie

spilling - rozlanie

wrap - owijka

cap – nakrętka

prevent leaks - zapobiegać rozlaniu