

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.
7. This rolling method is good for pajamas or anything **lightweight**.
8. I always bring a lightweight **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