

- Make sure the size of your bag matches up with the travel you plan. You don't need a steamer trunk for an overnight stay!
- Just because your bag is on wheels does not necessarily mean your exposure to injury is minimized.
- Give your bag a test carry before you leave home. Now, imagine carrying that weight up flights of stairs and through congested airport areas. Does it indicate an enjoyable experience over the long haul.
- Keeping a bag weight under 50 lbs. will minimize injury and possible charges for excess weight.
- Do not overpack! Pack only items essential to your trip.



A Guide to Packing for Business and Personal Travel

What you pack can hurt you.

brought to you by:



Avoiding Injury

Did you know that one of the main sources of muscle injuries during travel is **Heavy Baggage**?

Anyone who travels understands the hassles involved with hauling heavy suitcases into and out of the car, carrying them up stairs without escalators, or simply muscling the weight into hotel courtesy vans. Few people realize that a single suitcase can be handled over 25 times in one trip!

Simply stated, **do not set yourself up for injury - and a ruined trip** - by traveling with an overweight bag.



How do I know how heavy is heavy?

There is no magic weight. However, traveling as lightly as possible can make the difference between an enjoyable experience and a miserable task. Also, handling bags which are easy to carry will reduce the risk of personal injury.

Is your checked luggage or box the size of a small refrigerator?

Airplane cargo bins and over the road vehicles are designed to handle large, heavy loads - your back is not. It is easier and more convenient to pack several smaller containers than one large container.

Do the wheels on your bag help prevent injuries?

No, the wheels do not help prevent injuries. Though they are convenient to roll on hard surfaces, wheels do not help when you have to lift the bag. All too often, you must carry bags over rough pavement, up stairs, and lift them into car trunks or overhead bins.

Determine Your Baggage I.Q.



There are very few times I actually lift my bag when I travel - Isn't that someone else's job?

It may be someone else's job to assist you, but studies show that you, a friend, and/or a family member are also involved. Bottom line - it's your bag and your responsibility.

Who is there to assist me?

Hotel bell hops, airline employees, TSA employees, taxi drivers, rail and bus employees, customs and immigration employees, and related security employees. ALL get involved in the travel ribbon. The oversized or heavy baggage you pack can impact their and your safety, health and quality of life.