

# LIGHTEN UP



## Think before you pack

Did you know that when you check-in your bag it's lifted up to a dozen times before you collect it at your destination? Unite the union is launching its 'Lighten up' campaign to prevent injury to baggage handlers. Here are some reasons how you can make a real difference if you 'Lighten up' before travelling:

### SAVE BAGGAGE HANDLERS FROM INJURY

Unite is campaigning for a 23kg individual bag limit. This will reduce the levels of injuries suffered by the airport staff that handle your bags.

### SAVE YOURSELF MONEY

As well as preventing injury you can also save yourself money. Excess baggage charges can really add up. The penalties charged by each airline differ widely and by travelling lighter you can avoid having to spend a small fortune in excess baggage.

### HELP SAVE THE ENVIRONMENT

There are proven environmental benefits of travelling lighter. Think about it, lighter bags mean lighter planes which use less fuel resulting in fewer harmful CO<sup>2</sup> emissions.

**'Lighten up' and  
make a difference**



[www.unitetheunion.com/lightenup](http://www.unitetheunion.com/lightenup)

# How to pack smart – 23 tips for 23kg

- 1 Lay out the clothes you want to take, then half them.
- 2 Wash clothes when you're there – most holiday homes or hotels will have facilities to wash clothes.
- 3 Take fewer shoes.
- 4 Pack cleverly – colour co-ordinate so you can mix and match.
- 5 Go easy on your toiletries - try to find travel size or decant into smaller bottles.
- 6 Better still buy your toiletries at your destination – it might be cheaper!
- 7 Take a normal toothbrush instead of electric.
- 8 Leave your hairdryer at home most hotels and resorts provide them.
- 9 For bookworms invest in an electronic book and download your holiday reads.
- 10 If you are taking a guide book – just photocopy the sections you need.
- 11 Buy gifts at your destination.
- 12 Shop on-line for your presents and have them delivered to your destination.
- 13 Enjoy the local cuisine – so leave those baked beans etc at home.
- 14 Load up your i-pod and leave those CDs on the shelves.
- 15 You deserve a rest so make sure your laptop and blackberry are left behind.
- 16 Don't pack for all eventualities – do some research find out the likely temperature and pack accordingly.
- 17 Buy a smaller bag – if you have a big case you'll be tempted to fill it.
- 18 Think of the weight of the bag you buy – some cases weigh a ton to start with.
- 19 Don't take towels – If you have to, take a microfibre towel.
- 20 If you have a baby, check with your holiday home or hotel before taking a travel cot they might supply one.
- 21 Buy your baby's nappies and wet-wipes at your destination.
- 22 If you need toys to entertain the kids – take travel games or take a pack of cards which can provide hours of fun.
- 23 Remember, if you can't lift your bag, others will struggle – so lighten up.