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Packing Tips from Travel Experts

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## Packing Tips From Travel Experts

Whether it's a scent, a special snack, or a specific pair of shoes, everyone has something they're always sure to bring with them on a trip. Here, seven frequent travelers (and expert packers) share what they'd never leave home without.

### A dependable backpack

"My first backpacking trip took me to seven countries with various climates and cultural norms over the course of six months," says Lauren Kilberg of the blog [Double Takes](#). "My [Osprey Ariel 55](#) backpack never did me wrong and held everything I need -- and it's come with me to over 25 countries since. I keep it organized by packing everything in mesh laundry bags meant for delicates. It makes taking things out and putting them back in again so much easier."

