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April 30, 2015

One Bag, 439 Days: What to Pack for a Round-the-World Trip

Featuring: Meridian 28"

Monthly Traffic: 1,471,079,000

URL: <http://tinyurl.com/mlo8rx8>

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Of course, there's no one-size-fits-all packing list, but here's a peek inside my own pack that took me from Argentina and Australia to Vietnam and Vanuatu (and plenty more in between). As someone who successfully circumnavigated the globe, I learned an important life lesson along the way: one person actually needs very little. Pack smart and travel happy, my friends.

The Pack



Your bag will be unceremoniously tossed, dropped, and pushed around — invest in one that stands up to the challenge. In my mid-30s, I already felt too old (read: lazy) to carry around a traditional pack on my back for the entirety of the trip, so I instead opted for a hybrid backpack on wheels from Osprey. The company's durable [Meridian 28"](#) (\$320) comes with an adjustable zip-away harness, for those times you need to grab and go; for the most part, however, it cooperatively rolled its way around the world just behind me. Note at 28 inches/75 liters, it's larger than carry-on size — perhaps a deterrent for some — but I personally couldn't get by for 15 months with a bag any smaller. It also comes with a sturdy zip-off/-on day pack, touting comfortable shoulder straps and a laptop-friendly cushioned compartment.

