

How to Make Travel a Breeze

Travel is exciting and broadens your outlook on the world. Planning for a trip can feel stressful, but following these teen travel tips helps make your excursion hassle free. As a bonus, Pottery Barn Teen offers a great selection of [backpacks and luggage](#) to help make travel a breeze.

Packing Tips

Start by choosing the right size [luggage](#) for your trip. Consider how long you are traveling and what you need to bring. Be sure to pack a few large resealable bags, which can be used for dirty clothing to keep it separate from your clean clothing.

Stay Organized

Start by making a list to avoid forgetting something important. List your outfits, any accessories you want for each outfit, and other important items that you will need, including your phone charger. Pack your items by category, such as pants, shirts, and socks. This makes it easier to find what you need during your trip without unpacking the entire suitcase every time you get dressed. [Cosmetic and toiletry](#) bags help keep your things organized and prevent spills onto your clothing.

Making Clothing Choices

Choose clothes and shoes that serve a few purposes, such as sandals or a pair of flip flops that can be worn both at the beach and for sightseeing. Sweats and t-shirts work for sleeping and just hanging out in the room. If you'll be doing a lot of walking, make sure to bring comfortable shoes. Heels may look great, but your feet will be hurting by the end of the day.

Maximizing Luggage Space

When you are planning what to wear on travel day, choose your biggest shoes and bulkiest clothing, as these take up more room in your suitcase. Make sure to leave some room for things you will buy during your vacation. Our [Gear Guide Tool](#) helps you find the right luggage for your trip.

Don't Forget Medications and Important Documents

When you are focused on the fun you'll have and choosing the perfect outfit and accessories, it can be easy for other important items to slip your mind. If you regularly take medications, don't forget to pack them, as well as sunscreen, bug spray or anything else you may need from the medicine cabinet at home. When making your packing list, be sure to include medications, ID, passport, flight, and hotel reservations, and your itinerary to avoid forgetting something you really need.

Surviving a Long Flight or Road Trip

The time spent in a car or airplane goes faster when you have something to pass the time. This is a great time to catch up on your reading, write in your journal or try puzzle books. Always pack these items in a [backpack or carry-on](#) bag. Bring along some [snacks and water bottles](#). You can bring anything if traveling by car, but pay attention to restrictions for liquids that are allowed on an airplane.

Safety Tips

A growing number of teens are traveling alone. Whether you're visiting a parent, family or taking an international excursion or study abroad trip, personal safety is an important consideration. Thieves and pickpockets can be a problem, both in the United States and abroad. Make sure to keep your bags zipped and within eyesight. Use a money belt to store cash, ID and credit cards, so all won't be lost if your bag is stolen. Always be aware of your surroundings and use caution around strangers. Don't accept rides or drinks from strangers to prevent a dangerous situation.

Social Media

Posting to Instagram, Snap Chat, Twitter, Facebook and other social media sites is a fun way to keep family and friends updated about your trip. Just about everyone loves to share photos and details about their trips. However, oversharing can lead to danger, especially if your profile isn't private, as strangers without the best intentions can discover where to find you. Be very careful about posting your location or wait until later to upload pictures to your profile.

Staying in Contact

When traveling alone or without your parents, it is a good idea to stay in touch and make sure they have a copy of your itinerary. You can always call and text to keep your loved ones updated and ensure them of your safety. Consider signing up for the Smart Traveler Enrollment Program (STEP), if you're traveling abroad. This is a free service provided by the U.S. State Department. The program provides information about where you are traveling and how they can get in touch with you in an emergency situation or to notify you with alerts about potentially dangerous conditions and other warnings for travelers in the country you will be visiting. You can learn more and sign up [online](#).