

Packing a Travel Purse



I find it interesting the different ways people pack for airline travel. When I was working in corporate America, I traveled 92% of the time. Packing and unpacking, staying in different hotels in numerous cities, made me very efficient living out of my roller bag. And because of that, I did learn a great deal about packing, especially my travel purse.

My travel schedule has increased this year going back and forth to the east coast to handle my aunt's affairs. Though many people are hesitant to travel in light of COVID, I am not. Quite honestly, months ago when no one was traveling it was quite nice to fly around on nearly empty, clean airplanes. Now airports and airplanes are extremely crowded, and some of the pre-checking luxuries like CLEAR and airline clubs have limited hours.

My Purse



Rimowa Roller bag and Coach purse

I never check a suitcase for two reasons. 1) I am an efficient packer. 2) My roller bag serves as a platform to carry my purse, taking unwanted pressure off my shoulders.

Style of Purse



Small Philosophy bag holds all my health supplies and more

The tote or satchel bag is my preferred purse style to carry onboard a plane. There is a direct correlation between the size of the satchel and the length of the flight or trip.

It needs to be big enough to carry my iPad/laptop and Kindle.

My blue Coach bag has both handles and a shoulder strap so I have the option to carry it crossbody too. See similar purse [here](#).

This particular Coach bag has 3 sections. The center section zips closed and the other two sections are large enough for me to carry the following.



My health supplies

Health Supplies

Since COVID, I now carry items that are essential to maintain good health on the road: Oil of oregano, Vitamin D, a probiotic, Vitamin C (in either lozenge, pill, or powder form), elderberry zinc lozenges, alcohol pads (for cleaning my phone), surgical gloves, hand sanitizer and sanitizing wipes. I keep a small supply of these in my purse for easy access on the plane. For a more detailed description and links on some of these products, see below.



Masks and wipes

Since it is still a federal mandate to wear masks on the plane, I take a supply of Jaanuu masks in a small drawstring bag. This prevents me from wearing the same dirty one throughout the trip. Jaanuu face masks are made from the similar, soft fabric as their signature scrubs, which are treated with the Silvadur™ antimicrobial preservative technology. These face masks are washable and reusable, designed for durability, reinforced with a mesh lining, and feature comfortable, stretchable ear loops. You can find them [here](#).

Other Essentials



Other purse items

Additional items in my purse include sunglasses and cleaning cloth, spare set of contact lenses, emery board, travel size cologne (liquid or solid), hand cream, a lipstick, business cards, purse hook and a set of rosary beads.



Purse hook

A purse hook is a travel must. Hanging your bag next to you in a restaurant is safer (and cleaner) than leaving it on the floor or chair next to you. Lots of purse hook choices [here](#).

Travel Documents



Travel documents

For as long as I can remember, I always travel with printed travel documents. In a plastic sleeve, I keep hotel, car and airline confirmations. Once while traveling in Ireland, we went to a hotel with 3 very tired children, only to discover they had no reservation for us....even though I had an email confirmation. Unfortunately, the hotel was completely booked and we had to scramble to find something else at the last minute.

As a result, I always carry confirmation of my trip's details.

A Handy Checklist

Travel Purse Checklist

- ☐ ID/cash/credit cards
 - ☐ Wallet
 - ☐ Airline tickets
- ☐ Itinerary/confirmations
 - ☐ Phone
- ☐ Sunglasses, 1 set of contact lenses
 - ☐ Purse Hook
 - ☐ Vitamin D
 - ☐ Vitamin C
 - ☐ Sanitizing Wipes
- ☐ Sanitizing Hand gel
 - ☐ Oil of Oregano
- ☐ Elderberry Zinc lozenges
 - ☐ Probiotic
 - ☐ Alcohol wipes
 - ☐ BandAids
- ☐ Travel size hand cream
 - ☐ Lipstick
 - ☐ Emery board
 - ☐ Latex gloves
 - ☐ Face masks
 - ☐ Rosary beads
 - ☐ Business cards

Optional items: iPad, laptop, Kindle, charging cords

How Does it Fit?



Health supplies in center pouch

The Philosophy bag with the health supplies, lipstick, emery board, hand sanitizer and rosary beads, goes in the center of my Coach bag. One side pocket holds my wallet, sunglasses and masks. The other carries my travel documents and either laptop or Kindle.



Inserting travel documents

When I first began writing this blog, I was hoping to share my overall packing strategies and travel clothes. But that will have to be for another time as I didn't realize how much information would go into just talking about the items in my travel purse! If you have any fun travel packing tips, please share.

Heading to Washington, DC this week to help my son move to a new apartment. It will be such fun (and hard work) and looking forward to spending some quality time with him.

Not sure if I will be able to post while I'm gone, but if not, I'll connect with you when I return. Stay safe out there.

Mary



Always remember to consult your physician before taking any supplements.

Oil of oregano: A [2017 study](#)[Trusted Source](#) found that oregano essential oil, especially from the leaves of the oregano plant, has strong antioxidant properties. The researchers noted the traditional use of oregano oil in treating fevers and respiratory symptoms, which are both associated with the flu. I purchase Gaia Oil of Oregano [here](#).



Elderberry and Zinc: You will often see elderberry medication

combined with zinc. Zinc has several studies showing that, if taken within 24 hours of cold symptoms, can **reduce length and severity of said viral illness**. Zand Elderberry and Zinc lozenges can be found [here](#).



Probiotic: I take a probiotic every day, especially when traveling. A healthy gut is the basis for good health. Probiotics are live microorganisms. When taken in sufficient amounts, they can help restore the natural balance of gut bacteria. I like UltraFlora Control by Metagenics. You can find it [here](#).

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