

Company, Murtha Industrial Park, P.O. Box 142, Beacon Falls, CT 06403 (tel. (203) 723-6664; fax 723-6666). Or simply leave the hair dryer and electric razor at home.

## LUGGAGE

There are many different ways in which you can tote your belongings during your journey. Which option you choose should depend on what you are planning on doing during your trip, where you are going, and most importantly, how quickly and with what method you will be getting around.

**Backpack:** If you plan to cover most of your itinerary by foot or intend to ride a great deal on buses, the unbeatable luggage is a sturdy backpack with several external compartments. Some convert into a more normal-looking suitcase. This applies particularly to travelers who wish to trek to remote villages or hike through national parks. In general, **internal-frame** packs are easier to carry and more efficient for general traveling purposes. If you'll be doing extensive camping or hiking, you may want to consider an **external-frame** pack, which offers added support, distributes weight better, and allows for a sleeping bag to be strapped on. External-frame packs have been known to get caught and mangled in baggage conveyors; tie down loose parts to minimize risk. In any case, get a pack with a strong, padded hip belt to transfer weight from your shoulders to your legs. Whichever style you choose, avoid excessively low-end prices. Quality packs cost anywhere from US\$150 to US\$420. Packs with several compartments are best, but beware of ones with many outside zippers or flaps that could make a pickpocket's dream come true. An empty **lightweight duffel bag** packed inside your luggage will be useful; once abroad you can fill your luggage with purchases and keep your dirty clothes in the duffel.

**Suitcase/trunk/other large or heavy luggage:** While you won't see an abundance of these among travelers in this region, they're fine if you plan to live in one or two cities and explore from there. Hard-sided luggage is more durable and doesn't



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