

Going on vacation? Learn to pack

Spring break. Just you, your friends, the AM radio, fake orange cheese snacks and the call of the open road.

And clothes. And shoes. And toothpaste. And a frisbee. And a six foot inflatable giraffe. And ... well, the point seems clear. It's not just what you bring but how you get it there.

Whether you're traveling by car, plane or train, a few rules apply across the board.

"Pack your suitcase and take half of it out because you don't need half of it," said Ann Guran, a travel agent with Ambassador Travel. "People always go 'oh no, that's not enough,' but it is."

Colleen Coe, manager of Triple A's Portland travel store, agrees.

"Most people take too much," she said. "Pack what you can carry around the block, and don't forget to pack your sense of humor. Things can get a little crazy sometimes."

When it comes to halving your pile of essentials, keep some things in mind when deciding what stays in the closet and what goes to Palm Springs with the orange cheese snacks.

"Take things that you like to wear that you feel good in," Coe said. "Shop way ahead of time to buy new clothes."

Coe suggests taking clothes that travel without becoming wrinkled, like cotton knits, or clothes that only wrinkle slightly. She said hanging wrinkled clothing in a steamy bathroom usually gets rid of the wrinkles.

"Don't get too many colors involved," she said. "Just stay with the basics."

Once you've decided what's going in the suitcase or duffel bag, spread its gaping maw wide and begin packing.

Clothes travel more compactly if you roll them, and fit smaller items in larger items, for example, socks inside shoes.

Coe suggested putting related items of clothing near each other in the suitcase, like a towel near a swimsuit and shorts near tank tops.

Or, entire outfits can be rolled and packed in Ziploc bags, which can also be used for wet swimsuits or dirty laundry and to keep shoes from getting other clothes dirty.

Anne McAlpin, who does packing demonstrations for Triple A, said another way to organize clothes is to pack for the first and second day in one small bag, the third and fourth in another, and so on.

'Most people take too much. Pack what you can carry around the block, and don't forget to pack your sense of humor. Things can get a little crazy sometimes.'

— Colleen Coe
AAA travel store manager

She also suggested travelers pack heavy items — like shoes or hair dryers — in the bottom of a suitcase or in the center of a duffel bag, surrounded by clothes to protect them. Belts can go around the inside edge of the suitcase, or rolled and stuffed in shoes.

Shirts that might wrinkle can be turned inside out before folding, making the wrinkles less obvious. If you're pressed for space, wear the really bulky clothes, like sweaters or jackets, and use the extra suitcase space for something else.

The perennial travel nightmare involving all your clothes, a bottle of Suave shampoo and a leaky cap can also be avoided by traveling with small bottles of toiletries and packing them all in one plastic bag so spills are confined.

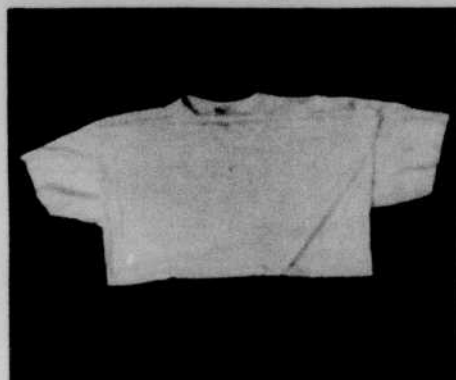
McAlpin also suggested a few small items that are easy to transport and often invaluable while traveling, like band-aids, a pocket-sized sewing kit, a small flashlight for finding your way in dark parking garages or hallways and that savior of Girl Scouts everywhere, a Swiss Army knife.

And finally, to ensure a safe trip, McAlpin suggests not putting your home address and phone number on luggage tags. Use a friend or parent's address, or put the address and phone number of your travel agency.

That way, not only will potential thieves be foiled, but if your luggage is lost, chances are the friend or parent will be able to connect you and your luggage more easily. After all, if an airline calls your home, you won't be there.

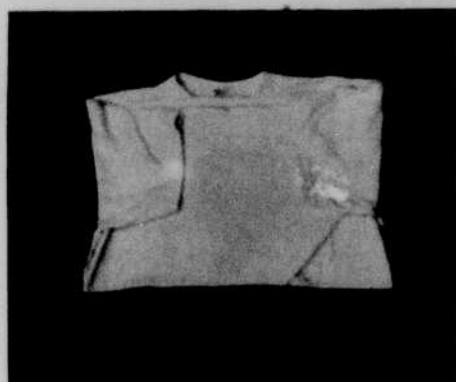
So, wherever your travels might lead you, don't be so burdened with bag and baggage you miss the sights and relaxation you left Eugene for in the first place.

— Meg Dedolph



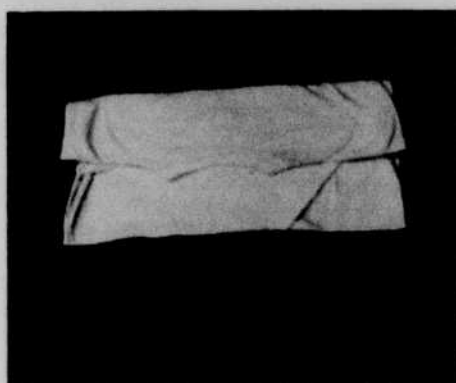
ANTHONY FORNEY/Emerald

Begin by folding your unwrinkled t-shirt in half.



ANTHONY FORNEY/Emerald

Next fold first the right then the left sleeve in toward the body of the t-shirt.



ANTHONY FORNEY/Emerald

Once again, fold the t-shirt in half making sure the shirt is still not wrinkled.



ANTHONY FORNEY/Emerald

Lastly, fold the shirt in half again and then in half lengthwise and it's ready to go in the suitcase.

There's more to Oregon than the great outdoors

Oregon. For most people, it's a word that conjures up images of majestic mountaintops, lush green valleys and frothy white waves crashing on a rocky shore.

Travel guides in Oregon practically wet themselves talking about the natural beauty of this grand ol' state of ours.

But for those of us who think the outdoors is something to be endured, not enjoyed, what is there to do here? Especially in the winter?



DAVID THORN

Well, it's not an easily answered question. As a lifetime Oregonian and a lifetime indoor person, I've found only a few really great travel destinations that don't inevitably force me to go outside. Here's a list of some of the wildly interesting places to go in Oregon if you don't enjoy getting cold and wet:

1) Mazatlan.

OK, OK, so it's not technically in Oregon. But it would be a nice place to go.

Well, other than that, here are some Oregonian activities for the travel-minded indoor person:

• Shopping

The modern shopping mall provides indoor people with perhaps the largest environment in which to enjoy themselves and heighten their spirituality without setting a foot outside. You can buy clothes, books, shoes, video games, clothes, shoes, toys, clothes, shoes, clothes, tobacco, shoes, greeting cards, clothes, earrings, food, and — for those of you feeling really wild — clothes and shoes.

Hey, you outdoor people can have fun here too. Almost every mall in America has an Eddie Bauer store. (This works well for indoor people who want to pretend to be outdoor people. Just a backpack and some hikers and BOOM! You're Grizzly Adams.)

Oregon, blessed by God and/or geography with a climate perfectly suited for salamanders, is naturally full of shopping malls. Portland's Clackamas Town Center is your best bet. There's a store there that sells "Hot Dog On a Stick." You haven't lived until you've seen the little dance they do when turning the hot dogs. Bring a camera.

• Video arcades

A colleague of mine, who is also an incurable outdoor person, calls these places "neon-lit dungeons of depravity." Sounds like a good afternoon to me.

Many indoor people are also laughably non-athletic; consider me among them. But a half an hour in front of NBA Jam helps compensate for this inadequacy.

Not only that, but tearing out someone's spinal cord in Mortal Kombat can do wonders for your stress level. My 12-step program begins with 25 cents.

Although even that is changing. Video arcades have suffered a little lately, what with the competition they've received from Nintendo and Sega, so they're taking all sorts of extra measures to attract more customers. As a result, a number of arcades offer nickel-operated games, or even better, a flat admission fee with free games thereafter. Wunderland at the Fifth Street Market is a nickel arcade; the other Wunderland, across from Valley River Center, is of the flat-admission variety.

• Bookstores

I recently completed my first pilgrimage to Powell's City

Turn to INDOOR, Page 8B

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