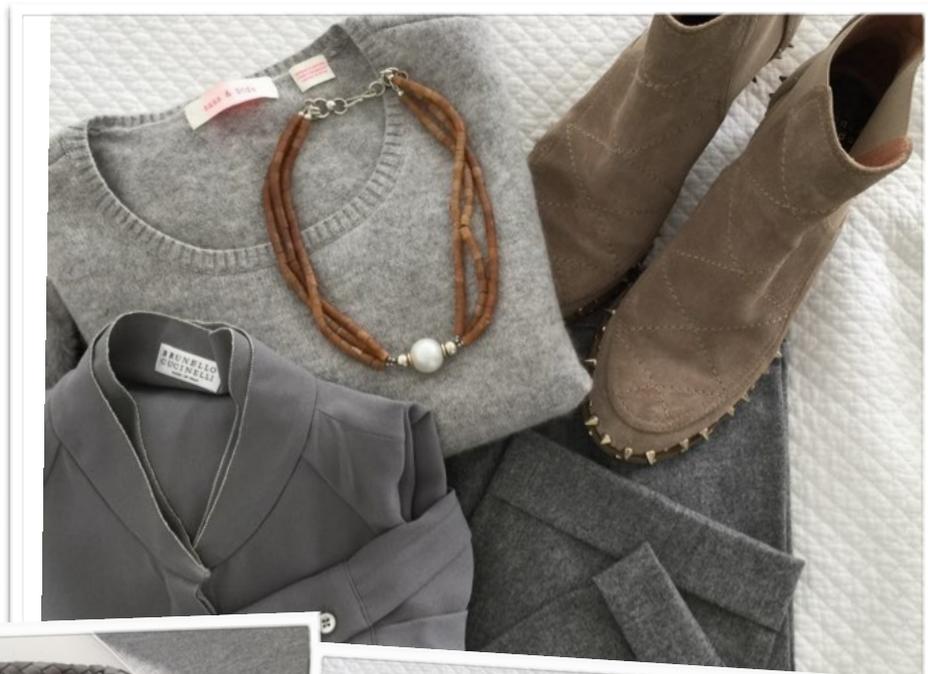


STYLE GUIDE

TO

PACKING LIGHT, FEELING GOOD



"Choose a base colour and stick to it"

PACK LIGHT: If you feel good about what you've packed and what you are wearing, it's a great start to any trip. It can be difficult – here are a few hints garnered over the years to make the task easier! Wherever you're going, the aim is to look like an effortlessly chic native, not a tourist. And while it's ok to be carting heavy suitcases if you have an Adonis to help you, it's more sensible to travel light. If you follow these hints, your suitcase will have lots of room for shopping!

You don't want to blow the bank before you leave, but pack the best quality clothes you can afford. Adjust the weight of the clothes to fit the season, but try to pack light; even in cold weather choose light fabrics like cashmere if possible. To keep the weight down, take only one handbag, 2 pairs of shoes including the ones you're wearing on the aircraft, no heels, no colours outside the palette, and only one evening look. Never take something old you have never worn at home with the thought that this is the very occasion you've been waiting for. There must be a reason you haven't worn it! Take only things you are positive about. Add or take away from the list as you like, but when you've finished packing, it's a good idea to look at the contents of your suitcase, and seriously consider taking away any extras that you put in 'just in case'. If you are desperate you can always buy something there.

THE MAIN DECISION - THE BASE COLOUR: *Choose your favourite base colour*

(BASE) *and wear varying shades of it* – it always looks chic – perhaps black, camel, grey or navy and then work on variations of it – everything flows from this. For example if you choose grey, there's charcoal, palest dove grey, grey/beige, mid-grey, marle, silver, sparkle. You can get away with lesser quality if necessary when you wear all one colour. Or if you'd prefer, add one other colour as in the photos above.

Try to take good quality classic styles rather than very unusual items you may tire of. It's simplest to choose plain colours, but make any checks or patterns small and only wear one patterned piece in an outfit. You can get away with good basic quality in your pants (nice cut) and tops, but try to make your jackets or scarves hero pieces – let them stand out, but only for their quality. If you hanker after the unusual, do it with smaller items like scarves or a piece of jewellery.

*****MOST VALUABLE HINT:** Do you start off with a tidy suitcase which gradually turns into a mess by the end of a trip? This is the single most important hint I can give you, learned from a tour leader extraordinaire: pack *everything* including folded jackets, shoes, everything, in large clear ziplock plastic bags, like with like (eg undies, sox and nightie in one, tops in another, one bag per pair pants, jacket). Clothes won't crease, you can see what you need instantly, and you can unpack your entire bag and repack in seconds to find a missing item. Because everything is the same colour, mark bags with felt pen to show what's in them. (Take 6 spare ziplock bags, and they can double-up as protection for your phone or camera on a wet day, and for laundry items.)

TO WEAR ON AIRCRAFT:

1. 1 pair of smart walking shoes (and sox or nude stockingettes) BASE COLOUR – a comfy style which you've tested with at least one full day's wear before your trip. These are your walking shoes for every day of the trip – you'll take them off in the plane. If the weather could be chilly, make sure they are waterproof – with rubber (not leather) soles, spray leather uppers with water repellent. (wear your walking shoes because they are heavier, so your luggage will be lighter)
2. 1 pants (BASE COLOUR)

3. A belt if you wear them – if it's heavy, you don't want to have to put this in your big bag, so only take a belt if you are happy to wear it every day.
4. bra
5. 1 comfortable stretchy top (BASE COLOUR or WHITE)
6. casual unstructured lightweight jacket, soft cotton jersey, cashmere etc, useful at night as well for casual dining) (BASE COLOUR) – if you prefer not to wear a jacket on your travels, make this a smart pullover or cardigan you can tie around your neck. This is your only day jacket, apart from your raincoat.
7. scarf – doubles as wrap and for entry to mosques etc. (BASE COLOUR or co-ordinating)
8. max 2 items jewellery, watch

HANDBAG: Your handbag speaks volumes about you, and a 'travel' handbag screams 'tourist'. Make your handbag good quality, roomy and zipped at the top or with a zipped insert, with some compartments. This will be your only day carry bag so it needs to be able to take your phone and small camera. Some designers are doing lightweight bags perfect for travel: a leather or lightweight with leather trim handbag (BASE COLOUR), with flat straps (not round which dig into your shoulder) long enough to go over shoulder freeing your hands for luggage (crossbody if you are comfortable with that) containing:

1. wallet
2. passport, cards
3. drivers licence for rental car
4. COPY OF PAPERWORK (*see below)
5. phone – have everything in electronic format in your phone as above plus audiobooks, GPS, foreign language translation apps, other apps, contacts, currency converter, calculator. On my iPhone I use I-books to store my pdf paperwork of all my e-tickets, bookings, etc – others use Passbook. Use your phone as your alarm on the trip. Buy local sim-cards where possible for some calls and data so that you can use it as a GPS and apps on the go. Or if you can't manage a sim-card, you can still use your smart phone on hotel wifi at night as a mini-computer. If you don't need to download photos at night, your phone can be your only computer.
6. if you are using your phone as a camera, as a GPS or for on-the-go apps or photo-editing, take a portable power bank which will give you another few hours on your device before recharging.
7. phone charger
8. ear phones for listening to audiobooks, podcasts etc on your phone or iPad/tablet which you have downloaded before the trip.
9. hand clean
10. small pack aloe vera tissues – they double up as loo paper if necessary, have a couple of extras in your big bag.
11. lipstick and basic makeup, travel sizes
12. dental floss, disposable toothbrush and paste
13. sleeping tablets for flight, paracetamol or similar, essential medication
14. sunglasses
15. notebook and pen
16. camera
18. hairbrush
19. small empty water bottle to use on trip – fill after arrival.

CARRY ON BAG: A happy solution is a large Longchamp Pliage tote, very light, zipped at the top, and sits on top of your big bag at the airport. The downside of no wheels is that once you've checked your big bag, this one has to be carried. But if you are carrying the minimum in it, it's not hard. You may prefer a wheeled version which sits on your big bag.

1. book to read (and leave behind) or e-book on the phone/iPad/tablet
2. iPad/tablet or laptop
3. charger
4. if you are travelling economy, a light change of clothes for arrival and in case suitcase goes astray, and a pair of light fabric slippers with some sort of sole to wear for the flight for comfort and in case aisle/bathroom floor is wet
5. if you're lucky enough to be travelling business class, take travel pants and top to wear as pjs and put them on as soon as you're in your seat. Also light fabric slippers with some sort of sole to wear for the flight for comfort, and in case aisle/bathroom floor is wet. Then your good clothes will be fresh to put on when you arrive, and they can be your spare outfit if your suitcase goes astray.
6. camera
7. night-strength moisturiser or invisible face mask to protect skin against dehydration during flight - reapply it during flight.
8. COPY OF PAPERWORK (*below)

BOOKED BAG:

1. Large light-weight suitcase with room for shopping (that's why we're packing light!)
2. 2 pair pants (BASE COLOUR) – at least one should suit both day and night
3. 1 or 2 tops (BASE COLOUR and/or another colour such as white, camel, black, grey or navy)
4. scarf or wrap for evening
5. soft jacket for evening (BASE COLOUR) perhaps with bling
6. 1 pair of comfy flats (BASE COLOUR) suitable for walking and evening
7. 3 lightweight quick-dry undies
8. 1 bra
9. 1 lightweight nightwear (t-shirt or short nightie)
10. lightweight raincoat BASE COLOUR or clear
11. lightweight folding umbrella BASE COLOUR (in handbag if desired)
12. makeup not in handbag (moisturiser containing sunscreen, foundation, eyeliner pencil, mascara, lipstick) toothbrush, paste, hair brush, deodorant.
13. 1 squashy hat (BASE COLOUR)
14. clear nail polish, nail file, clippers, scissors, tweezers, sewing kit, a couple of safety pins, bandaids, stretchy clothes line, couple of small packs tissues to replenish handbag.
15. medications, bandaids, prescriptions
16. COPY OF PAPERWORK (*below)
17. four-points power board with adaptor for destination (allows 4 devices to be recharged at once from one power point), charger for camera battery, downloading cord for camera, spare battery, extra memory card for camera if you need it.
18. any extras like swimsuit, overcoat, sunglasses, gloves, warm headwear, insect repellent etc.
19. electrical adaptors to suit destinations

CONSIDER NOT TAKING:

- hotel shampoo and conditioner – most hotels these days have fair quality and you may be surprised by a great product. If you unexpectedly find yourself in somewhere like India where even the 5 star bathroom products are usually dreadful, buy some there.
- clothes wash – use hotel shampoo or shower gel for washing clothes
- hair dryer – if you find an under-powered one in your hotel bathroom, ask housekeeping to have a proper one sent up.
- a money belt, but do what makes you feel safe. Keep your handbag over your shoulder or across your body. In a restaurant when it's on the floor, put your foot through the shoulder straps, or use a under-the-table hook to keep it suspended near your leg. If you feel unsafe anywhere, keep the straps over your shoulders, but pull your handbag to the front of your body and casually rest your arms on it.

***PAPERWORK:** For peace of mind in case of losing some of your luggage or needing to use your travel insurance, make 3 printed copies (1 each for handbag, carryon, big bag) and an electronic copy (before you leave, email or airdrop them to your smart phone and iPad) of:

1. packing list with brand names for insurance purposes, then if luggage goes missing you will have a replacement list for the insurance company, and a shopping list.
 2. credit or travel card numbers and lost cards phone number (photo of them)
 3. passport number and photo of front page
 4. travel insurance details and phone number (and keep an electronic copy of the terms and conditions booklet in your smart phone and iPad)
 5. Australian medicare number and private health insurance, just in case
 6. models and serial numbers of devices and cameras
 7. tickets – plane, train etc
 8. bookings – hotels, tours, performances, vouchers etc
 9. Australian Embassy phone numbers at destinations
 10. (it's a good idea to go online before you leave and register your travel details with DFAT at <https://orao.dfat.gov.au/pages/default.aspx>)
 11. inform your credit card company you are travelling
- (I keep all the electronic copies in ibooks in pdf format on my iPhone and laptop)

Just remember that while you might get sick of your travelling clothes, others see the overall picture. If you look chic on day 1 to both strangers and fellow travellers, you'll still look chic on day 30. The only downside is that you may never want to wear those clothes again. But then again, if you loved your Chloë jacket when you left home, chances are you'll still love it when you return!

Travel safely!

PS To adapt this for boys, just cross out bra and decrease the makeup – leave the bling in or take it out – your choice! The rest should work!