



Your Holiday Packing Sorted

Free Guide by Fiona Mobbs,
Your Colour & Style Consultant

www.yourcolourandstyle.com



In this Guide you will find:

1. Introduction – packing made stress-free!
2. Pack less but wear more
3. Sort what you need
4. Packing tips
5. Packing checklist plus pre-holiday jobs

1. Introduction

If you find packing difficult or want to reduce the amount of luggage you take with you, you've found the right Guide!

Travelling can be stressful. There's so much to remember to do and take, and it's an important time - you've looked forward to it for a while - because you need a break. Also, it's an expensive purchase, so a lot's riding on it.

This Guide has been written to help you have less stress both before and during your holiday.



2. Pack less but wear more

The secret to packing less, yet having more to wear, is to PLAN what to pack, and think of each item on its own and with all the other items you want to take.

It's not about creating whole outfits of certain colour schemes with colour-matched accessories.

Separates are more flexible, and you may need to think about laundering, depending on your luggage space, weight limits and time away.

What to plan for

Check the predicted weather, temperature, and think about what activities you will be intending to do.

Look at your wardrobe. Take the items out that you would like to take with you and feel their weight. Think how they will travel: creasing, and whether they need specialist cleaning.

Now, do you have "neutral" * accessories that would work with all those clothes? (The less shoes and/or handbags you take will lighten the case and give more room.) Also, remember, you take a risk of losing or leaving behind anything you take, so taking less is also less risky!

Now, look at all the items and see if they would work TOGETHER - INTERCHANGEABLY. See how many outfits you can create from just a few items.

3. Sort what you need

Now, could you reduce what you want to take? Would it matter if you wore things more than once, with or without laundering?

Can you see how things might work more together - perhaps you haven't ever considered these as co-ordinates before. Try putting each thing together systematically, and see what results. You may find some new outfits! Look at the colours, patterns and materials. Do they work together? Take the things you can get the most wear from.

4. Packing tips

i) Use socks and small squashy items to pack into your shoes and bags, to keep their shape (not liquids!).

ii) Take a versatile scarf that could be used as a blanket, shawl, bathing cover-up, or anything else!

iii) Split your packing between 2 cases if possible, so that if one goes missing you may still have some essentials.

iv) Roll your clothes in bundles: tops together and bottoms together.

v) Check the electrical socket situation and take your adapters and an extension lead.



5. Packing checklist

First, some pre-holiday jobs: I've left space at the bottom for you to add anything else you think of, too.

Pre-holiday activities

- | | | | |
|--------------------------|--------------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | Book travel insurance | <input type="checkbox"/> | Buy batteries |
| <input type="checkbox"/> | Check/photocopy passport(s) | <input type="checkbox"/> | Order currency |
| <input type="checkbox"/> | Book and have any vaccinations | <input type="checkbox"/> | Arrange timers for lights |
| <input type="checkbox"/> | Book cattery/kennels | <input type="checkbox"/> | Cancel deliveries (papers, milk) |
| <input type="checkbox"/> | Inform neighbours | <input type="checkbox"/> | Book food delivery for your return |
| <input type="checkbox"/> | | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | |

Essentials

- Passport
- Driving licence
- Map/Guide book(s)
- Money
- Tickets
- Keys
- Electronic devices
- Prescription med's
- Glasses/sunglasses
- Lenses/solutions

Clothing

- Underwear
- Footwear
- Trousers/shorts
- Skirts
- Tops/Shirts/Vests
- Jumpers/Coats
- Dresses/Jackets
- Nightwear

Accessories

- Scarf
- Belts/ties
- Towels
- Umbrella
- Wellies
- Hat/sunhat
- Ear muffs/Gloves
- Neck support
- Ear plugs
- Reusable bags
- Jewellery/watches
- Plugs/adaptors

Toiletries

- Soap
- Shampoo/Conditioner
- Toothbrush & paste
- Floss
- Make-up & remover
- Combs/brushes
- First Aid Kit
- Sun screen/after sun
- Insect repellent/bite
- Mirror
- Perfume/toiletries
- Shaver
- Tweezers/scissors
- Wet wipes/tissues

Self-catering items

- Towels/tea-towels
- Tea/Coffee/Food
- Cleaning things
- Cutlery/crockery
- Washing line/pegs
- Kitchen roll
- Toilet roll
- Torch
- Clothes hangers
- Iron & board
- Corkscrew
- Tin opener

Hobbies

- Reading materials
- Knitting/crochet
- Puzzles/games
- Playing cards
- Pens/paper
- Swimwear
- Sports items
- Address labels
- Cycle repair kit
- Cycle lock, pump
- Map

Wishing you a wonderful holiday!

If you want more help, call Fiona! Fiona specialises in reducing stress about looking fabulous, and packing for a happy holiday is one element of her skills. Call or email Fiona Mobbs, Your Colour & Style Consultant, to find out how else she can help you dress for success.