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Women's Travel Tips



Planning Your Travel Wardrobe

Jewellery

When selecting jewellery to take on a trip, look for pieces that mix and match so that you don't need to bring too many items. Some pieces convert from pins to pendants, serving double duty. Stick to simple earring styles that can be worn into the evening, such as gold hoops, knots or beads, or pearls. A simple gold chain or faux pearl strand completes a classic look.

Selecting clothing

Choose clothes that don't wrinkle easily, such as cotton knits, cotton polyester blends or lightweight jersey wools. Avoid silk blouses and linen suits because the wrinkles from being shoved into a suitcase are hard to smooth out. Choose outfits that you can mix and match to get more mileage out of each item. Bring only those clothes that you plan to wear at least twice during the trip. It is easiest if you choose a basic colour scheme and build around it. For instance, a black skirt and blazer could be complemented with a red sweater or a coloured patterned blouse for a dinner event. A simple black dress can create a business look for daytime and be dressed up with pearls for dinner. Other colour schemes could be navy, beige, white or grey. Many colours compliment these neutrals.



Shoes

With a basic colour scheme, you can also limit the pairs of shoes you need. Bring only 3 pairs of shoes: flats to wear with dress pants, aerobic shoes and a pair of plain pumps for suits to wear in the evening. Wear the most comfortable pair on your flight so they are loose enough even if your feet swell on board. You should never bring a new pair of shoes along on a trip as you may develop blisters. Even low-heeled shoes can create irritations after a day of running around an airport, a convention floor or shopping.

The 10 basic pieces every woman should pack:

1. Pants with slim cut or wide leg.
2. Long skirt.
3. Cardigan which can keep you warm on the plane and can work with pants for a casual look.
4. Sleeveless top.
5. Simple cut shift dress.
6. Long-sleeved tunic top. Worn with pants on the plane, you'll be comfortable and look fresh when you arrive.
7. Tailored jacket.
8. 2 pairs of shoes-one for day, one for evening.
9. Seamless undergarment for clean lines
10. Simple accessories.

Swimsuit

Pack a swimsuit. Even if you don't swim, a soak in a hot tub or sauna can be relaxing after a day on the road. Some hotels offer separate men's and women's saunas, but many don't. This way, you're prepared if you have a suit along.

Gym clothes

If you adhere to an exercise routine, you may want to include your gym clothes.

Raincoat and others

Find out what the weather in the destination would be like instead of relying on what the typical weather is for the season. One of the more popular sites: www.weather.com. Do you need a lightweight coat or raincoat? Also, think about which clothes can do double or triple duties. For example, a pareo, the long length of fabric popular in Hawaii, can be used as a swimsuit cover, a casual skirt or even a shawl. Great if you also have one of those reversible vest with zippered pockets in which you can put cash and credit cards with the pockets worn inwards.