

# How to look good on 10 kg of luggage!

## Fiona's top tips:

- Use a tick-box list to ensure you do not forget anything
- Always fold, never roll, as rolling makes your bag bulky - folding gives you more space
- Don't go for expensive luggage – it has greater chance of being stolen

## Your Capsule Suitcase essentials:

- Coloured t-shirts/ tops (3-6)
- Lightweight cardigan (1)
- Lightweight mac or jacket (1)
- Smart jeans (1)
- Linen mix trousers/Capris (1)
- Skirt (1)
- Shorts (1)
- Sun dress /maxi dress (2)
- Sandals/pumps (day)
- Wedges/heels (eve)
- Jewellery & eve bag

## Space saving holiday must-haves:

- Sarong: doubles as a skirt, wrap or towel
- Kaftan: wear on the beach or with a belt for the evening
- Pashmina: wear as evening wrap or bolero or as a cover up during the day
- Crushable sun hat with floppy brim to protect from sun damage
- Cotton shopper bag: your best beach accessory!

## Fiona's Packing tips:

- Choose soft jersey and lightweight chiffon fabrics which crease less than cottons
- Careful packing means your clothes arrive in good wearable condition
- Put heavy items (shoes, hairdryer) on the bottom of your case/bag
- To prevent creases lay mac, trousers, skirts, dresses unfolded across the case, then put flat, soft items (cardi, t-shirts etc) on them before folding in the ends.



Does the thought of being whisked away for a surprise break, with only holdall of clothes, fill you with dread?  
Do you travel abroad but always pay for excess baggage?  
Want to know what space saving holiday essentials you should include to reduce your panic?

Award-winning image coach, Fiona McClurg-Welland from Style2you, shares her packing and looking good secrets...*"Whether you are going on a weekend city break or a week's holiday, the same rule applies – the more you know, the less you need!"*

Let me show you how to achieve between 5-15 outfits which can be dressed up or down depending on your destination and activities. Ideally you should have more tops than bottoms as this gives you maximum flexibility to your capsule wardrobe and makes the biggest difference to your look. I would suggest the following, plus other essential items indicated:

Trousers are practical so I would opt for 1 smart pair of jeans and 1 pair of linen mix capri style ones. Weather dependent, you may need a pair of shorts. My advice would be to opt for mid length to city shorts as these can be worn during the evening with a smart top for a touch of city chic. Skirt wise you will only need one, but perhaps in a coloured print so that different tops and shoes can be co-ordinated with it. For those of you who like to show off your tan, opt for a sundress (in your best colour shade) that can be worn during the day. Then, a smarter, more flowing maxi empire-line dress that shows off your feminine side, for those sultry evenings. This style suits most body shapes too!

The majority of holidays or short breaks involve swimming, so always be prepared with your swimwear. Bikini if you have the figure or well cut control costume if not that confident. Don't forget to include accessories which will pull together an outfit and reflect your style personality. Shoes, bags, jewellery and lightweight scarves are ideal. All you will need during the day will be flat sandals or pumps, with 1 pair of heels or strappy sandals for those nights out.

Toiletries can cause a panic for most women, especially with the current restrictions. There are specialised travel size bottles available from [www.icklebockles.co.uk](http://www.icklebockles.co.uk) who also sell ready-to-go FlightBag and Weekend WashBag packs. If packing toiletries for the hold of an aircraft, use plastic sandwich bags to protect from spills. Alternatively, collect the magazine product give-aways during the year. You can also buy mini make-up palette pots from most High St stores to decant your favourite products into.



Visit [www.style2you.co.uk](http://www.style2you.co.uk) for more style advice and information of Fiona's image services

