

The Ultimate Capsule Wardrobe Travel Guide





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Introduction

There's nothing quite like a holiday.

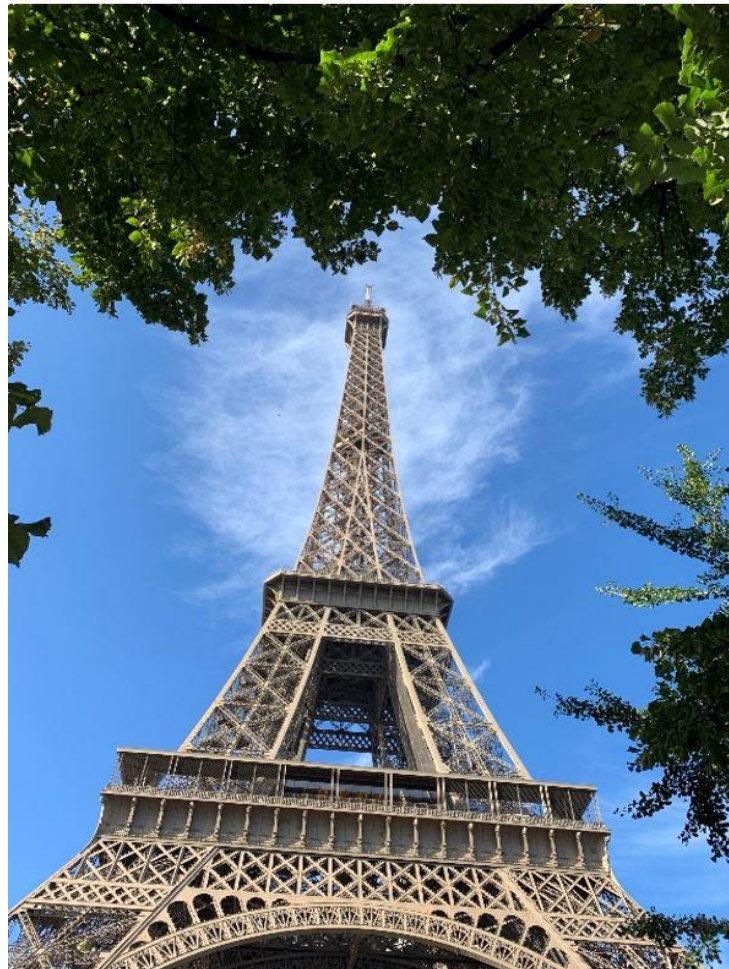
Travelling and exploring new places is invigorating. It's an opportunity to disconnect from the "real" world and recharge your batteries.

Most people agree they are happier when they're on holiday; they are less stressed, more relaxed, and more open to trying new opportunities.

In fact the whole process of planning and organising a holiday often brings about feelings of joy and excitement. And you haven't even left your lounge room yet!

So it stands to reason, that when you're actually exploring new surroundings, meeting new people and learning a different culture – perhaps even speaking a different language – you want to be comfortable and stylish.

Packing for a holiday doesn't have to be difficult or daunting. Apply the lessons you learned in The Ultimate Capsule Wardrobe Guide, and packing will never be easier.





Considerations

Destination

Your wardrobe should match your destination.

If you're going on safari, bright colours are not appropriate. Choose a neutral colour palette and include natural fibres such as cotton and linen. A sturdy pair of boots might also be in order.

If you're wandering the wide boulevards of Paris or exploring fashionable Rome, black trousers, simple shirts, a trench coat, and comfortable stylish walking shoes are all great options. And practical.

A European cruise, perhaps? Elegant trousers with matching tops when you're sitting on your balcony watching the world go by, a dress and sandals for dinner and cocktails, walking shoes, jeans and comfortable tops for onshore adventures, and warm knitwear for cool evenings.

Your destination will dictate your wardrobe.

Activities

When planning your holiday activities, plan your outfits to match. If you know you'll be doing a lot of walking, packing a comfortable pair of walking shoes should be high on your list of priorities.

Weather

Though not fool-proof, remember to check the long-range weather forecast before you leave. It will help you create your packing list and plan ahead.

“

Oh the places you'll go.

Dr. Suess

The Benefits of a Travel Capsule Wardrobe

Saves Time and Space

Packing a Capsule Wardrobe for your holiday will save you space (in case you want to purchase a couple of new items), and time (you won't spend so long packing).

When you're on holiday, you won't waste precious minutes deciding what to wear each day. You'll be free to head out the door as quickly as you'd like.

Quick and effortless style is your goal.

Eliminates Stress

Holidays are no place for stress. Remove the headache of wondering what to wear each day by only packing items that mix and match.





Tips

- Create a list of items you want to take. Start the list a week before you travel and add to it as you think of things. Use The Ultimate Travel Planner as your guide.
- Carry a cross-body bag to allow for hands-free exploring.
- Allow a small budget for dry cleaning or laundry.
- Pack a dressier outfit just in case. You might not need it, but best not to be caught out.
- Pack an extra outfit in your hand luggage if it fits. Fingers crossed your suitcase won't go missing, but better to be safe than sorry.
- Try not to look like a tourist. Dress appropriately for your destination and planned activities.
- Check the long-range weather forecast before you leave. It's not fool-proof, but it will make planning a whole lot easier.
- Carry-on luggage should hold any items you can't afford to lose. However, avoid packing anything of high value (sentimental or dollar).
- If you plan on reading, go digital to save space and luggage allowance.
- Scan your passport and email a copy to yourself and a family member or friend. Also, print a few copies of your passport before leaving and pack one in your carry-on and another in your luggage.
- Wear your heaviest clothes on the plane if it's appropriate to do so.
- Segment your clothing by using packing cubes to separate your clothing into categories.
- Pack two small laundry bags. I use my wash bags designed for delicates.
- Carry a reusable water bottle.
- Have a scarf for the plane.
- Don't forget your technology cables and power converters.



Appendix

Appendix 1

Paris

In September 2019, I spent a magical fourteen days in Paris.

In the city known for fashion and pick-pockets, I didn't want to stand out. I didn't want to look like a tourist. I wanted to be comfortable and well-dressed, but I wanted to travel light.

Paris, like any city in early Autumn, can be unpredictable. While watching the long-range weather forecast prior to leaving Melbourne, temperatures around 17 degrees (Celsius) were forecast. However, when I arrived, I had nine days of temperatures hovering around 25 degrees. I did end up purchasing another white t-shirt, as well as a grey one.

The white blouse from [The Fable](#), is silk, and the black and white blouse (from [Cue](#)) are both light-weight, and thankfully could be worn in warm weather without over-heating.

The mornings were crisp, so the trench coat and denim jacket were essential.

When I travel, I always allocate money for dry cleaning. It's not much – perhaps \$300 – but I like having the option of getting things cleaned if I need to. I usually wash my smalls in the bathroom sink and hang them to dry on the shower frame. For the larger items though, this isn't always possible or practical. I often don't spend it, but the money is available and within budget if required.

With no further ado, below are the capsule wardrobe items I packed for Paris.

Clothes

- Jeans (two pairs)
- Black 7/8 Cropped Trousers
- Trench Coat
- Denim Jacket
- Tops (six pieces)
- Walking Shoes



Accessories

- Studs
- Cross-body Bag
- Watch
- Tennis Bracelet
- Umbrella
- Scarf
- Belt

Makeup

As a professional make-up artist, I love makeup. But I don't wear a lot, and I don't own a lot.

The 'keep it simple' philosophy I apply to my wardrobe, I also apply to colour cosmetics. The seven items below fit perfectly in a small cosmetics bag.

- Fit Cover Powder Foundation and application brush
- Mascara
- Lip Liner, Edge to Edge (Mac)
- Lipstick, Cream Cup (Mac)
- Eyebrow Pencil
- Pencil Sharpener

Skin Care

Again, simplicity – in my opinion – is best. A few good quality products are all that's needed.

- Cleanser
- Toner (I use a Rosehip Spray)
- Day Cream, with SPF
- Night Cream
- Eye Cream
- Serum



Hair Care

Before I left home, I confirmed with the owner of the Airbnb apartment where I was staying, if a hair-dryer was supplied. Thankfully one was. These are often large, bulky and heavy items to pack, so it's worth confirming before you leave home.

Shampoo, conditioner and hairspray can be purchased inexpensively from a local supermarket or hair salon.

- Comb
- Brush
- Hair Volumising Powder

“

*Travelling – it leaves you speechless, then turns
you into a storyteller.*

Ibn Battuta

Outfit Combinations

Sailor Jeans



Black 7/8 Cropped Trousers





Cropped Jeans



Accessories

Simple accessories are often the best. Choose elegant, classic pieces that can be worn with any outfit.



“

*Real style is never right or wrong. It's a matter
of being yourself on purpose*

~ Bruce Boyer



Appendix 2

Airlie Beach

Airlie Beach is a little piece of paradise on The Great Barrier Reef in northern Queensland. Think blue sky, aqua waters, white beaches and yellow sunshine.

In winter 2018, I travelled north for eight glorious days of relaxation, warmth and rest.

Winter in north Queensland is consistently warm, in fact, it became a bit of a running joke, that when we got in the hire car each day, the thermometer showed 25.5 degrees (Celsius). Every day for eight days!

Humidity levels drop in winter, making the daytime temperature very pleasant. It can be cool in the evening, so my advice is to pack a light-weight knit. A simple cardigan should do the trick.

There are lots of activities to occupy your time. We enjoyed a scenic flight over the reef, a half-day boat cruise to Whitehaven Beach, many long lunches – drinking cocktails – at the numerous restaurants along the main street, as well as sitting on our apartment balcony watching sunrises and sunsets. Tea in the morning, wine in the evenings.

Clothes

- Cropped Jeans
- T-Shirts
- Tops (four pieces)
- Bias Skirt
- Dress
- Bathers
- Skechers (nude in colour)
- Thongs / Flip Flops
- Sun Hat

Accessories

- Studs
- Cross-body Bag
- Watch
- Belt



Makeup

As a professional make-up artist, I love makeup. But I don't wear a lot, and I don't own a lot.

The 'keep it simple' philosophy I apply to my wardrobe, I also apply to colour cosmetics. The seven items below fit perfectly in a small cosmetics bag.

- Fit Cover Powder Foundation and application brush
- Mascara
- Lip Liner, Edge to Edge (Mac)
- Lipstick, Cream Cup (Mac)
- Eyebrow Pencil
- Pencil Sharpener

Skin Care

Again, simplicity – in my opinion – is best. A few good quality products are all that's needed. I have used the same products for years.

- Cleanser
- Toner (I use a Rosehip Spray)
- Day Cream, with SPF
- Night Cream
- Eye Cream
- Serum
- Sunscreen (SPF 50)

Hair Care

- Comb
- Brush
- Hair Volumising Powder
- Hair Dryer
- Shampoo and Conditioner (Travel Size)

Outfit Combinations

Cropped Jeans





I purchased a white linen shirt from a local retailer for the boat trip to Whitehaven Beach and ended up wearing it several times.

This trip was unplanned, so I hadn't packed anything appropriate for walking along the beach.



Bathers

For the trip to Whitehaven Beach, I also purchased the most comfortable and fabulous pair of loose-fitting cotton beach pants to wear over my bathers, with the light-weight linen shirt. I still have these trousers, and even though I don't wear them outside the house, I do love them!



Dresses



Bias Cut Skirt



Accessories

When travelling, I always use a cross-body bag. They are safer and allow me to wander with my hands free.





“

He who would travel happily must travel light.

Antoine de St. Exupery



Appendix 3

Queenscliff

In August 2022, I took a week off work and travelled to Queenscliff, a holiday destination situated on the Bellarine Peninsula, about ninety minutes, by car, from Melbourne.

This end-of-winter break was simply to recharge my batteries after a long nine months. I planned to relax, read, and take Gatsby to the fabulous dog beach between Point Lonsdale and Queenscliff. I had also booked lunch at the Jack Rabbit Winery on the Wednesday.

No need for fancy or dressy clothes, just one decent pair of jeans and a jumper for lunch. The rest of the time I knew I'd be in leggings and sneakers.

Clothes

- Black Leggings (2 pairs)
- Black Fine-Knit Merino Sweater
- Puffer Jacket
- Jeans
- Jumper
- Black Sneakers
- Black Boots
- Woollen Hat / Beanie
- Scarf

Accessories

- Studs
- Cross-body Bag
- Watch



Makeup

- Fit Cover Powder Foundation and application brush
- Mascara
- Lip Liner, Edge to Edge (Mac)
- Lipstick, Cream Cup (Mac)
- Eyebrow Pencil
- Pencil Sharpener

Skin Care

- Cleanser
- Toner (I use a Rosehip Spray)
- Day Cream, with SPF
- Night Cream
- Eye Cream
- Serum
- Sunscreen (SPF 50)

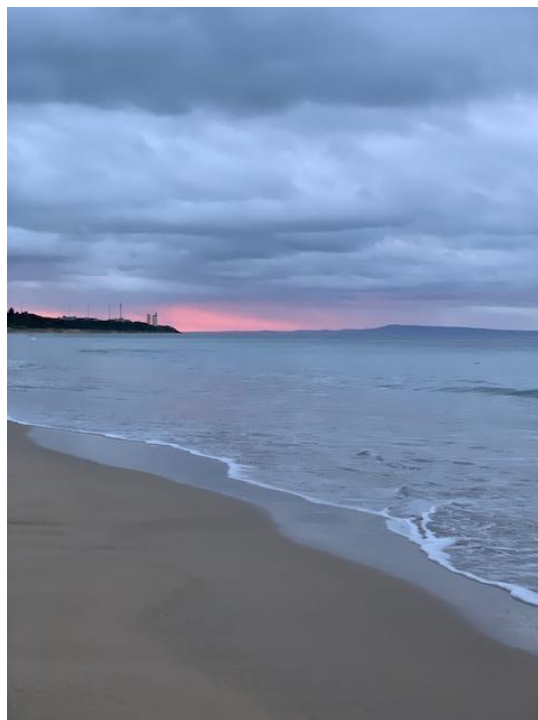
Hair Care

- Comb
- Brush
- Hair Volumising Powder
- Hair Dryer
- Shampoo and Conditioner (Travel Size)

Outfit Combinations

Black Leggings

For walks along the dog beach every morning and afternoon, rugging up was essential. I also chose to wear this outfit during walks along the Queenscliff main street and ducking into local shops.



Jeans

For lunch at the Jack Rabbit Winery, I did pack another outfit, but kept it casual. And warm!



Accessories





Appendix 4

Resources

Lounge Buddy

[Lounge Buddy](#) is a very handy app for those who don't have Airline Lounge access. For a fraction of the annual Airline Lounge fee, travellers can use any of the lounges in the Lounge Buddy network. No membership fee required.

When I travelled to Paris in September 2019, I had a three-hour layover in Dubai. For \$USD40, I was able to book lounge access – before I left home – and take a much-needed shower before the next leg of my journey.

Some may suggest \$40 is a lot for a shower, but to me it was worth every cent and is a lot cheaper than the annual QANTAS Lounge membership, which I just wouldn't get value for money from, as I'm not a frequent flyer.

On the way home, I only had an hour, so didn't bother.

Concierge or Airbnb Host

If you are staying in a hotel, make friends with the Concierge. They have a wealth of knowledge about the city where you're staying and can help with insider knowledge and booking tickets to events and venues.

If you're staying in an Airbnb, your host will most likely leave travel books and maps on a coffee table. Get to know your host before you leave home and ask any questions ahead of time.

Tickets

Another wonderful app to download is [Tiqets](#). It allows you to go online and pre-purchase tickets to numerous attractions in cities such as New York, Barcelona, London, Paris and Rome.

You can also choose to "skip the queue" by paying a few dollars extra. I did this for the Musee D'Orsay and the Louvre in Paris and it was worth every cent. I was admitted as soon as the doors were open and avoided the long waits.



Appendix 5

Socials

Connect with The Lifestyle Cooperative on social media.

