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UNIQUELY YOU

Special Travel Packing Edition

2012

Dear Orene,

I have devoted this entire issue to packing for travel -- including common mistakes and my best tips. I have made mistakes in packing throughout the years and I'm sure you have too. These days with limits on checked baggage, it can be tricky.

In a recent Wall St. Journal "Ask Teri" column, one woman wrote in to say, "It's impossible to travel light when you're going to have a lot of special events that involve different shoes, and I don't want to wear black all of the time." Part of Teri's answer was, "[T]here comes a time when you just want to travel with more of your favorite clothes, several pairs of shoes and gym gear...So stop breaking your back! Go ahead and pay to check a roomy bag so you can enjoy your wardrobe...What's the point of having all those gorgeous frocks if you can't sashay around in them on vacation?"

Although we should pack judiciously, I agree with Teri, particularly if you're traveling to special events or a cruise, or going to just one resort location. Then you should feel good about packing some terrific outfits along with a few pairs of shoes. On the other hand, if you are taking a sightseeing trip and traveling from place to place over the course of a couple of weeks, then traveling light and packing for maximum versatility is a must.

Do you have questions or concerns about your next trip? Let me help you erase them all. Start your travels with peace of mind before you even get through security. Call me!

Enjoy!
Orene

Orene's Useful Tips to Consider When Packing

1. A change of shoes is a must.

Nothing makes a trip more miserable than sore feet. Switching between shoe styles will make your feet happier. It's not smart to over pack shoes, but don't be too stingy either. *I often start planning my travel wardrobe by thinking about the shoes that I want (or need) to bring. Special activities call for special shoes. For example, this fall I will be going on a safari to Africa and I need shoes for walking in the bush.*

2. A dress can be so useful.

You can dress it up or down. In hot weather, it can be so much cooler than pants and tops. Add a cardigan and/or a scarf and you've warmed it

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Orene's Mistakes not to Make

- * Don't pack delicate knits. Avoid bringing anything that snags easily. Sturdy knits, however, work very well in that they usually don't wrinkle and can be quite versatile. Other good fabrics to pack are denim, superfine wool or tropical weight wool, cotton blends, microfiber and polyester blends.
- * Don't pack white blouses in silk or cotton. Unless you have laundry service at your fingertips, white is not a good travel choice. Print t-shirts, tops or blouses easily camouflage small spills or dirt and won't need immediate cleaning.
- * Don't pack shoes you haven't broken in already. If you're doing last minute shopping for shoes, make that shopping date at least a week before you go. Even a brand with a great reputation for comfort may not be comfortable on you. I made this mistake on a beach vacation once with a pair of seemingly comfortable flip-flops -- my feet were actually rubbed raw after a few hours.
- * Don't pack anything that fits too snugly. We like to think we'll come back from a trip weighing the same or less than when we departed. The fact is we'll most likely indulge more than usual.
- * Don't pack a boring wardrobe. A suitcase of basics sounds



up for chillier days or evenings. A casual, little black dress may work especially well because something dark can be more formal in case you need to dress up by adding an accessory.

3. Bring a rain resistant anorak or trench coat. Too many pieces of outerwear can really add pounds to your suitcase. Choose a jacket in a neutral color and it should easily work with any outfit.

Many stores sell raincoats that are quite stylish, lightweight and can be scrunched into a small space in your carry-on or suitcase.

4. Pack an outfit for the unexpected cold snap or the unexpected warm spell, unless you're 100% confident

functional but you could be bored in five minutes and thinking about what you could have brought instead. Plan your wardrobe with an exciting highlight to each outfit. That piece can be recycled throughout your wardrobe. Consider colorful tanks, items in printed fabrics like stripes, florals, or graphics. Bring jewelry that's fun to wear.

* Make sure you try on an outfit that you are putting together for the first time. I once packed new, plaid Bermuda shorts (which were actually quite cute) and threw in a top I thought would work well with them. Although the colors of the shorts and top worked, the proportion was off and I couldn't wear the outfit I packed.

Orene's Accessories Tips

Accessories don't take up much space and make all the difference in looking "put-together" while traveling. They help dress up a casual outfit for dinner.

Here is a short list of smart choices.

* A long chain necklace in your most flattering metal - silver, copper, gold, or mixed. You can wear it with jeans and a t-shirt, a sheath dress, a bohemian dress - nearly anything!

* A simple watch that you buy from a drugstore or Target. Don't take your expensive watch on the trip.

* A good-sized crinkle scarf. The crinkle material is easy to pack, doesn't require ironing and is fashionable 24/7. This scarf will wrap around your neck on a chilly evening or act as a shawl over a dress.

* A hat will serve you well. Bring a straw hat for wearing in the heat, looking for as wide a brim as you can to give you the most protection from the sun. Bring a crocheted hat or even a baseball type hat for when you don't want to bother with your



about the weather.
We know that weather conditions can be rather erratic. You may be wearing that "just in case" outfit three days in a row.

5. Lightweight layers work well and a cardigan is a terrific layering piece. It could be your outerwear on most days or it can layer nicely under your jacket. *A print cardigan can be a good choice if you're packing mostly neutral shades. Or choose one that's solid-colored that goes with almost everything.*

Archives of Prior Editions of Uniquely You

All of my previous newsletters, with all of my articles, tips and items of interest, are archived on my website [here](#).

hair.

* A crossbody bag is perfect for security, comfort, and style. It could be in a neutral color, a metallic shade or in an accent color. It's better and more fashionable than a fanny pack while still leaving your hands free. (I use a crossbody bag daily because it doesn't put too much weight on one shoulder and bother my back.)

* Don't forget your sunglasses.

COMPLIMENTARY CHAT

Sometimes you may feel that you are in a fashion rut or that you are looking frumpy and it is time to look more up-to-date. You may not have much time nor inclination to figure out how to put together items you already have in your closet in a new way. Being busy doesn't always allow you time for shopping. Or, perhaps you don't know where to shop to maximize your dollar.

Wouldn't it be helpful to have an expert who can help you with all of this? If you are ready to take some action, schedule a free initial conversation with me by [clicking here](#) and we can explore your challenges and goals.

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