

A faint, light gray world map is visible in the background, centered behind the text.

MINIMALIST TRAVEL WARDROBE GUIDE + packing list

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HOW TO USE THIS GUIDE

Whether you're packing for a weekend or a month, the process is the same. By the end of this guide, you will have created a system that will help you pack for any trip! It's easy. Follow the simple steps. Throw on some music if it helps. You're going on a trip!

First, understand what type of trip you are taking. Is it for business? Will you be stuck in meetings most days? Or are you on vacation, possibly living in a bathing suit and flip flops most of the time drinking margaritas by the beach. It all matters. You don't want to lug around clothing or items that you will not use. One suitcase, and one personal item (ladies, time to break out the tote). That's it. Don't give your hard earned money to the airlines. Save it and splurge on an experience instead!

Let's get started!

MAKE IT A THEME!

1. What helps me is turning my trip into a theme. I give it a name.
2. Next, I ask myself, “Why am I going on this trip?”
3. Now, what types of activities am I likely to do? DETAILS!
4. Where am I going again? I’ll be more specific here, add dates, and after checking the weather forecast will circle or draw a check mark next to the corresponding icon and add will use the additional text box to write in the temperature.
5. Lastly, I’ll write notes to myself.

NOW YOU TRY IT!

TRIP NAME

WHERE ARE YOU GOING?

DATE(S):

PURPOSE OF YOUR TRIP?

WHAT TYPES OF ACTIVITIES OR EVENTS DO YOU PLAN ON ATTENDING?

WEATHER



NOTES

BEFORE YOU PICK A FIGHT WITH YOUR CLOSET

Understand your style and what you are **MOST** likely to wear. What are your favorite colors? Do you find yourself wearing certain clothing items often? This is not the time to break in shoes or bring that new item that doesn't fit at home because you think you could magically fit into it in Jamaica. You want to feel comfortable and confident. The last thing you want to worry about is ill fitting clothing. You're taking a trip to get away from the stresses of life, not bring them with you! Additionally, we have to keep that carry on light and manageable. It's time for a travel capsule wardrobe!

1. If you're feeling lost, this may help. Use three words that describe your style.

BOLD

CLASSIC

MINIMALIST

BEFORE YOU PICK A FIGHT WITH YOUR CLOSET (CON'D)

2. A little brainstorming here, but trust me this will help you. Describe your favorite outfit. Go on. Think about that outfit you always seem to wear that it's practically a uniform. Here's how I would describe mine:

A SIMPLE SHIRT, WITH TAPERED PANTS AND FLATS. USUALLY IN NAVY, BLACK, WHITE, WITH A POP OF COLOR (LIPSTICK, HANDBAG, AND SHOES) MINIMAL JEWELRY: WATCH, RING, BAR EARRINGS.

3. This is the key! How does this outfit make you feel? Since it's your favorite, nothing but good vibes here. See what happened? 😊

MAKES ME FEEL CHIC. IT'S SO SIMPLE AND YET IT WORKS EVERY SINGLE TIME. I'VE BEEN TOLD THAT I LOOK WELL PUT TOGETHER.

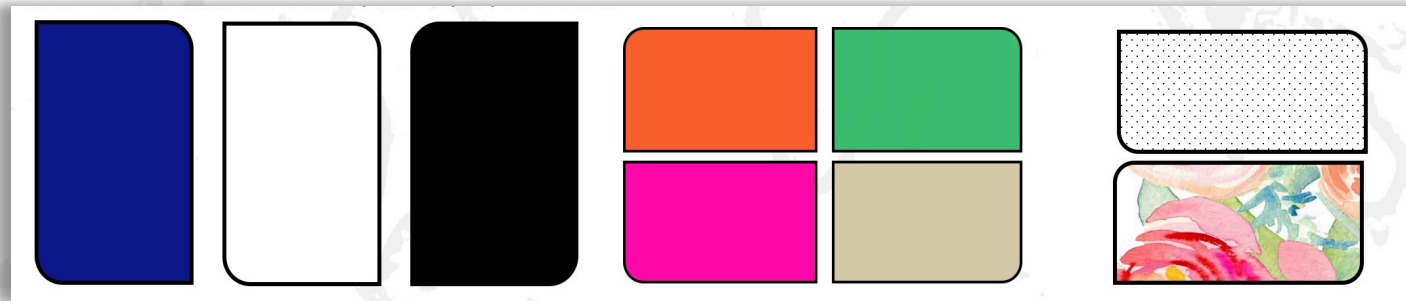
TIME TO START COOKING WITH A COLOR PALETTE!

CHOOSE YOUR COLOR PALETTE

Now that you have an idea of what you like, it's time to get a color palette going. The colors, textures or patterns should compliment each other or else we are back to square one and a headache.

- Start by choosing three main colors.
- Then add four accent colors that go with the first three.
- Finally, add two patterns or textures into the mix.

Example: This is my go-to color palette. Navy, white, and black can be paired with just about anything. I like bright colors to give the neutral tones a pop! Polka dots and floral prints make it playful!



THREE WORDS TO DESCRIBE YOUR STYLE?

DESCRIBE YOUR FAVORITE OUTFIT

HOW DOES THIS OUTFIT MAKE YOU FEEL?

TRAVEL CAPSULE WARDROBE COLOR GUIDE

1st color

2nd color

3rd color

ACCENT COLORS

PATTERNS/TEXTURES

KEEP IT SIMPLE AND SAVE YOUR BACK!

If you want to pay more for a check in that's completely up to you, but understand you will also be lugging that thing around until you get to your destination. Ever try lugging several suitcases up three flight of stairs in the middle of the night while having German shouted at you? Not a pretty picture is it? Only take what you need and leave the rest back home.

- 5 tops
- 4 bottoms
- 2 pairs of shoes (if you're on business or going to a formal event, make one of those pairs dress shoes)
- 2 sweaters or cardigans
- 1 jacket, stole, or coat
- 1 scarf (get the right one and it can be used as a blanket)
- 1 watch (if you already have one)
- 1 pair of sunglasses (black wayfarers or cat-eye are the best!)
- Jewelry is optional. Remember, if you're aren't prepare to lose it, **LEAVE IT AT HOME!**
- What about formal wear? Given the guidelines above Tim Gunn would say, "Make it work!"

START FINDING YOUR PIECES

Here's where most people lose it, myself included. I know what I like and I have a color palette, now what? Start with your favorite outfit to get the first one out of the way. My suggestion is then to fill out the rest of your wardrobe starting with bottoms (pants, skirts, shorts, etc....), then decide on tops. Jeans can be worn multiple times and a pair of black jeans can be dressed up or down. As Alton Brown says, "NO UNITASKERS!" If the item will be worn only once (exception formal wear) and doesn't go with anything else in your wardrobe, it stays home.

Keep in mind that with this guide, we are trying to build your travel wardrobe from here on out. It isn't set in stone so you can always modify it, but you will no longer feel the need to crawl into fetal position and cry your eyes out about packing for a trip. The more times you do it, the easier it will get. I've included two one-week planners:

Seize The Day: Outfits to be worn during the day
Night Life: Are you going to party like it's on sale for \$19.99?

Here, I'll show you what a week worth of outfits looks like for me. FYI: My color comes from scarves and bright lipstick. Do what works for you!



7	20e GREET SATURDAY	8	MARKET DAY? SUNDAY	9	ARCHITECTURE MONDAY	10	CULTURE TUESDAY	11	GIVERNY/VERSAILLES WEDNESDAY	12	STREET ART THURSDAY	13	LAST DAY IN PARIS FRIDAY
GREY SCOOP NECK		BLACK V- NECK		ROSE V-NECK		NAVY V-NECK		GREY SCOOP NECK		BLACK V- NECK		ROSE V-NECK	
GREY CARDIGAN		BLACK OPEN CARDIGAN		GREY CARDIGAN		BLACK OPEN CARDIGAN		BLACK OPEN CARDIGAN		GREY CARDIGAN		GREY CARDIGAN	
STOLE						STOLE						STOLE	
BLACK PONTE JOGGERS		INDIGO DENIM JEANS		BLUE DENIM JEANS		BLACK DENIM JEANS		INDIGO DENIM JEANS		BLACK DENIM JEANS		BLACK PONTE JOGGERS	
WHITE ADIDAS		BLACK NIKES		WHITE ADIDAS		WHITE ADIDAS		BLACK NIKES		BLACK NIKES		WHITE ADIDAS	
FLORAL SCARF SUNGLASSES WATCH		PLAID SCARF SUNGLASSES WATCH		BLACK SCARF SUNGLASSES WATCH		FLORAL SCARF SUNGLASSES WATCH		BLACK SCARF SUNGLASSES WATCH		PLAID SCARF SUNGLASSES WATCH		FLORAL SCARF SUNGLASSES WATCH	

SEIZE THE DAY



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SEIZE THE DAY

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NIGHT LIFE

WAIT! WHAT ABOUT LAUNDRY?

This one is completely up to you. You'll need to gauge it according to what you are doing each day. For example, I'm not doing strenuous activities, unless you count eating. I eat like a rabid raccoon.

SO LAUNDRY, yeah I tend to book Airbnb rooms and apartments with laundry facilities, **BUT** there is no shame in doing your own laundry in a sink. I've done it plenty of times on trips to México when it was the only option. Nobody wants to draw attention to themselves by stinking up the place. Having a cohesive color palette and choosing materials like cotton, wool, and denim makes it easier to maintain while on the road.



packing list

START PACKING! #CARRYONONLY

CLOTHING

TOPS

- ☐ BLOUSE
- ☐ CAMISOLE
- ☐ CARDIGAN
- ☐ DRESS SHIRT
- ☐ LONG-SLEEVE SHIRT
- ☐ POLO SHIRT
- ☐ SHORT-SLEEVE SHIRT
- ☐ SWEATER/HOODIE
- ☐ T-SHIRT
- ☐ TANK TOP
- ☐ -----
- ☐ -----

BOTTOMS

- ☐ CAPRIS
- ☐ CHINOS
- ☐ DRESS
- ☐ JEANS
- ☐ KHAKIS
- ☐ LEGGINGS
- ☐ PANTS
- ☐ SHORTS
- ☐ SKIRT
- ☐ PANTS
- ☐ -----
- ☐ -----

SHOES

- ☐ DRESS SHOES
- ☐ FLATS
- ☐ HEELS
- ☐ SANDALS
- ☐ TENNIS SHOES
- ☐ -----

ACCESSORIES

- ☐ GLOVES
- ☐ HANDBAG
- ☐ HAT
- ☐ SCARF
- ☐ UMBRELLA
- ☐ -----

TOILETRIES

- ☐ BODY LOTION
- ☐ CONDITIONER
- ☐ DEODORANT
- ☐ MOISTURIZER
- ☐ MOUTHWASH
- ☐ RAZOR
- ☐ SHAMPOO
- ☐ SHAVING CREAM
- ☐ SOAP
- ☐ SUNSCREEN
- ☐ TOOTHBRUSH
- ☐ TOOTHPASTE
- ☐ -----
- ☐ -----

OTHER

- ☐ BRAS/UNDERSHIRTS
- ☐ JACKET/STOLE/COAT
- ☐ SOCKS
- ☐ TOWEL + WASHCLOTH
- ☐ UNDERWEAR
- ☐ -----

ELECTRONICS

- ☐ CAMERA
- ☐ LAPTOP + CHARGER
- ☐ TABLET + CHARGER
- ☐ PHONE + CHARGER
- ☐ CONVERTER KIT
- ☐ MEMORY CARDS
- ☐ BATTERIES
- ☐ USB CABLES
- ☐ HEADPHONES
- ☐ -----
- ☐ -----
- ☐ -----

DOCUMENTS

- ☐ PASSPORT
- ☐ I.D./D.L. CARD
- ☐ BOARDING PASS(ES)
- ☐ CURRENCY
- ☐ CREDIT CARD(S)
- ☐ -----
- ☐ -----
- ☐ -----

CABIN ESSENTIALS

- ☐ BOOK/KINDLE
- ☐ EYE MASK + EAR PLUGS
- ☐ FACIAL TISSUE
- ☐ HAND SANITIZER
- ☐ MAKEUP BAG ESSENTIALS
- ☐ MINTS/BREATH STRIPS/GUM
- ☐ NECK PILLOW
- ☐ SNACKS
- ☐ WATER BOTTLE
- ☐ -----
- ☐ -----

BEFORE YOU LEAVE THE PAD

1. Did you pay the bills? You'll need your cell phone!
2. Who will water your plants? Feed the pets?
3. Do you have enough currency (domestic and international; your destination?)
4. Did you make a copy of your documents and email them to yourself just in case your hard copies get lost?
5. Did you let at least one person know where you will be staying and with whom?
6. Did you lock up all the windows and doors?
7. Turn off the lights?
8. Make sure your gas and heaters are off?
9. Double check your packing list?
10. Got your wallet?
11. Got your passport?
12. Don't forget your keys!
- 13. Have a wonderful trip! Eat well and travel better!**