

Style in the hills...



Dear Lizzy,

I'm flying to Queensland at the end of January to meet up with a bunch of girlfriends for an exciting 10 days of sun, sightseeing and shopping.

I loath packing, never know what to take, always take too much, and what's worse, hate unpacking when I get home.

I would love to know how to pack really light, but effectively, so any help would be greatly appreciated.

A very timely question as many Aussies will be off on their summer holidays this month.

I have some simple and easy tips to help you prepare for your trip and make packing as stress free as possible. With these tips you should be able to pack your belongings into a small trolley case as carry-on luggage, but first check with the airline for their maximum size allowance. I've done a little research and some airlines will allow a trolley case of up to 56cm in height, 36cm for width, 23cm for depth and up to 10kg in weight for all your luggage combined - you will need one extra bag to take on the plane.

Where to start?

Firstly, think about your last summer holiday and try to remember what items you didn't utilise, hence the waste of space they would have created.

Then make a list of all the essential items you'll need for this particular trip.

The weather would be by far the most significant factor to consider before you start packing, so by all means check the forecast. Your best clothing items would be those that need very little or no ironing, can be layered and worn over and over with each other. Keep in mind the weather can change quickly, and that air conditioning can be quite cool so be sure to take a light jacket, cardi and pashmina.

To save room in your small trolley either wear the jacket or cardi when you leave Adelaide, tie it around your waist or put it in your carry bag. Now think about what day to day events, outings and activities you may wish to participate in. Comfort is key, especially if your trip involves some walking - a neutral coloured pair of sneaker shoes that are well worn in is a must - nothing too daggy or bulky that will dress down any of your day time outfits should you need to wear them. As these will possibly be the bulkiest shoes you're taking wear them on the plane going and returning to save much needed packing space.



You'll want to take a good comfortable pair of jeans or pants. Wear these on the plane also to give you more room in your trolley.

Now with every top you decide to pack, it must look great with your jeans/pants, and likewise the jacket/cardi must look fabulous over the tops to make a complete outfit with the bottoms - a pair of shorts would be a great addition here.

I like to take a jumpsuit and

maxi dress that looks great with the jacket and cardi - this way I don't have to worry about taking too many tops. It also gives me six outfit options alone.

You can use patterns and prints in your garments to minimize the need for lots of accessories further extending your packing space.

More tips next fortnight on the art of packing light!

Comments and questions are welcome.

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