

Ready, set,

New York

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Annalisa Armitage looks at how to make the packing easy and ensure you look great while you're away

> Imagine this scenario - you've just come back from your holiday and you have just unpacked all the dirty clothes from your suitcase. You and the family wore every single piece that you took with you, and every day during your holiday you felt fabulously dressed. You, the hubby and the kids were neither too warm nor too cold, under or over dressed, the car was easy to pack and caused no arguments, and you received many compliments on your attire.

I used to be someone who would come back from a trip with lots of unworn clothes, yet still felt that I had nothing to wear while away – the classic over-packer.

Now I have a great system that might take a little longer when I begin, but results in an easier time while I'm away.

Pack less, wear more

Pack only 'bottoms' that go with all the tops and only pack shoes that have been worn in. Three pairs should cover every outfit.

If you are planning to eat out, remember some places over-chill their restaurants so make sure your warmer layer works with your more dressy outfits.

Make your outfits work

Firstly, start with colour. What will be your core colour for the week? Core colours are colours that most other shades will go with. For example, every colour can work well with denim. It depends then on what colours suit you and the colours you like for what you choose to put on the . top. Following this logic, denim shorts are a great option for the kids and mum. Other great core holiday colours are white, cream, or pale grey (though these show the dirt very easily), navy, black, khaki, mid-to-dark grey and brown. If your bottoms and your over layer (a hoodie, cardigan or jumper) are in these colours and your shoes are a similar colour, everything else will work from there.

Keep in mind that clothes that are worn for only a few hours in the evening can be worn again, so you don't need to pack something separate for every evening's outing. You might need to make sure the kids put their clothes away so they can be worn again.

TOP 5 GENERAL TIPS

Pack your own clothes first.
Leaving yourself until last will only leave you looking less than fabulous because you spent the time sorting everyone else out.

Organise to do your packing at a time that you know you won't get interrupted. Packing economically can require serious concentration. Once derailed, it's hard to get that train of thought back on track.

Get the kids involved in their packing. You're going to want them to be able to do it on their own, eventually. Plus, if they happen to be fussy dressers, you want them to be happy with what they have chosen to bring.

Think about the activities - both T general and specific - that you might find yourself doing. Will it be mostly beach, casual dinners and some exploring on foot? Will the children be roller-skating. skate boarding or cycling, and need special helmets and protective gear for these activities? Will the adults be exercising, and if so, what types of exercise - tennis? mountainbiking? - and which clothes will be needed for these activities?

What's the weather forecast looking like?
Likelihood of rain?
How cold will it get at night and how hot during the day?



FAMILY LIFE

Clothes for the kids

Thongs for the beach, Joggers for exploring and any exercise 2 x swimmers and rashy Beach towel Hat 7 x T shirts

3 x shorts 1 x jeans/longer trousers if you think it might get chilly in the evenings

2 x pajamas 10 x pairs of underpants (they don't take up much space and it's handy to have extras)

3 x pairs of socks

1 x hoodie

For the Beach

Snorkel, goggles and fins Balls or other beach games Buckets and spades Books Boogie board or surf board Beach shade/ umbrella Music Sunglasses

For the trip A DVD player and

favourite DVDs

Family Toiletries

Toothbrushes Toothpaste Floss Hairbrushes Hair ties (that long hair has got to be plaited to avoid knots after swimming) Sunscreen Moisturiser Shampoo and Conditioner Shavers Personal toiletries

and make-up

for mum

Clothes for Dad

Thongs for the beach, Joggers for exploring and any exercise 2 x pairs swimmers and rashy Beach towel 7 x T shirts/shirts 3 x shorts

1 x jeans/long pants 1 x hoodie/jumper 2 x pajamas 7 x pairs of underpants 3 x pairs of socks (more if you exercise

every day) Elothes for dad Workout gear if you run or exercise

Clothes for Mum

Thongs for the beach, Joggers for exploring and any exercise. Sandals for dresses 2 x pairs swimmers and rashy Beach towel

Beach cover-up/sarong 3 x casual summer dresses

4 x tops 1 x pair of shorts for day 1 x pair of shorts for evening

1 x jeans/long pants 1 x hoodie/jumper/ cardigan or pashmina 2 x pajamas 7 x pairs of underpants

3 x pairs of socks (more if you exercise) 3 x bras

What about jewellery?

Remember that a couple of statement necklaces and rings will brighten up any otherwise plain outfit.

Clothes for mum









Each month, Annalisa will be helping a reader solve their dressing dilemmas. If you have a wardrobe full of clothes but nothing to wear, if you're stuck in a rut with the same old style, if you are perplexed by current fashion, if you have changed shape and don't know how to dress to suit it or any have other dressing dilemma, please write and tell us about it. Each month, Annalisa will use her expertise to show you how to take control of the way you look.

To enter, send an email with the subject title WARDROBE MAKEOVER' to familyhealth@globepublishing. com.au and tell us why you need a Annalisa's help. Please include a recent photo.

Email us now familyhealth@globepublishing.com.au

About Annalisa

Annalisa is founder and CEO of My Image Consultant. She is a passionate believer that "life's too short, with too many exciting possibilities to let how you look get in your way". To find out more about how Annalisa can help you visit her website, myimageconsultant.com.au

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