

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
- 1 x hoodie
- 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

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
- Hat
- 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)
- 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
- Hat
- 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
- Workout gear

What about jewellery?

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

Clothes for 8yr girl



Clothes for 11yr girl



Clothes for dad



Clothes for mum



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

Thanks: Madeleine, Sophia and Adam Murphy for the generous loan of their clothes for the photo shoot.

win!
How's your wardrobe?

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