

# TRAVEL CAPSULE PLAN

USE THIS WORKSHEET TO EASILY PLAN YOUR PERFECT TRAVEL CAPSULE EACH OF THESE STEPS WILL HELP YOU PACK FOR ANY TRIP WITH ONLY A CARRY-ON SO THAT YOU CAN PACK LIGHT, WITHOUT SACRIFICING STYLE

## Step 1. THE WEATHER

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WHAT WILL THE WEATHER BE LIKE WHILE YOU'RE AWAY? WILL IT RAIN? WILL IT BE HOT & HUMID? ADD THE WEATHER FORECAST TO THIS GRID TO HELP PLAN WHAT YOU'LL NEED TO BE COMFORTABLE.

SUN	MON	TUE	WED	THU	FRI	SAT

## Step 2. THE ACTIVITIES

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WHAT WILL YOU BE DOING WHILE AWAY? DO YOU HAVE ANYTHING PLANNED THAT NEEDS SPECIAL CLOTHING OR GEAR? ADD YOUR ACTIVITIES & CORRESPONDING MUST-HAVES HERE - DON'T FORGET WEATHER GEAR LIKE COATS.

## Step 3. THE LOCAL CUSTOMS

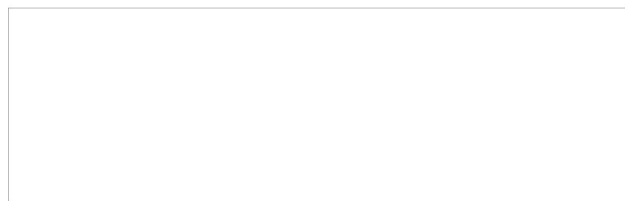
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ARE THERE ANY LOCAL DRESS CODES OR CUSTOMS THAT YOU NEED TO BE PREPARED FOR? HOW DO THE LOCALS DRESS? DO SOME RESEARCH AND ADD THE KEY TAKEAWAYS HERE FOR EXAMPLE, A CITY BREAK MAY REQUIRE DRESSIER SEPARATES LIKE A SLEEK BLACK BLAZER, ANKLE BOOTS OR VERSATILE FLATS.

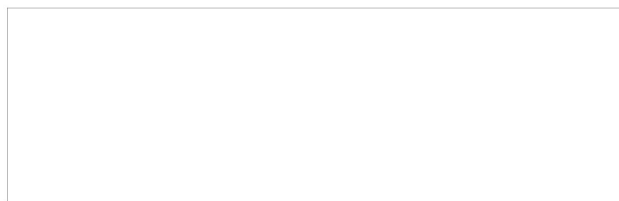
## Step 4. YOUR COLOR PALETTE

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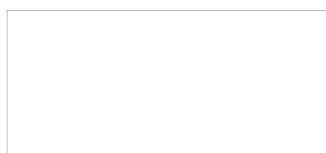
NOW THAT YOU KNOW THE WEATHER, WHAT YOU'LL BE DOING AND ANY LOCAL CUSTOMS OR DRESS CODES YOU SHOULD BE AWARE OF, YOU CAN SELECT YOUR COLOR PALETTE I LIKE TO PICK AT LEAST 2 BASE NEUTRALS AND AT LEAST 1 ACCENT COLOR TO ENSURE EVERYTHING MIXES AND MATCHES EFFORTLESSLY. I ALSO CHOOSE MY BASE COLORS BASED ON WHERE I'M HEADING AND EXCLUDING BEACH VACATIONS, I GRAVITATE TOWARD DARK COLORS BECAUSE THEY DON'T SHOW STAINS OR OTHER TRAVEL RELATED MARKS.



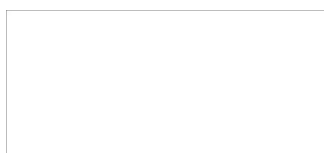
BASE COLOR 1



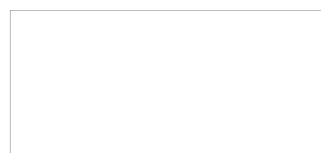
BASE COLOR 2



ACCENT COLOR 1



ACCENT COLOR 2



ACCENT COLOR 3

## Step 5. PLAN YOUR OUTFITS

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NOW THAT YOU KNOW THE WEATHER TO EXPECT, WHAT YOU'LL BE DOING AND THE COLORS YOU WANT TO BRING YOU SHOULD HAVE A SMALLER SELECTION OF YOUR OVERALL CLOSET TO WORK WITH.. NOW IS THE TIME TO START PLANNING YOUR OUTFITS. I LIKE TO BUILD OUTFITS AROUND FEWER BOTTOMS THAN TOPS & I LIKE TO BRING AT LEAST 1 DIFFERENT TOP FOR EVERY DAY I'LL BE GONE - T-SHIRTS ARE GREAT FOR THIS! I ALSO LIKE TO HAVE AT LEAST 1 DRESS OR DRESSIER OPTION & AT LEAST 1 VERSATILE JACKET OR BLAZER THAT I CAN WEAR ON THE PLANE OR AS A LIGHT LAYER. ALSO, DON'T UNDERESTIMATE THE POWER OF ACCESSORIES TO TRANSFORM AN OUTFIT.THEY TAKE UP VERY LITTLE SPACE IN YOUR SUITCASE BUT CAN TRANSFORM AN OUTFIT. BELOW, I'VE INCLUDED AN EXAMPLE 5 DAY TRAVEL CAPSULE THAT HAS 2 BOTTOMS, 1 DRESS, 5 TOPS, 1 BLAZER, 2 PAIRS OF SHOES & ACCESSORIES.

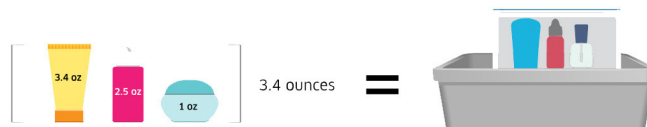


## Step 6. ORGANIZE & PLAN TOILETRIES

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NOW YOU CAN MOVE ONTO YOUR TOILETRIES & MAKEUP. I LIKE TO SET ASIDE A CAPSULE MAKEUP COLLECTION TO ALLOW FOR QUICK AND EASY MAKEUP WHILE ON THE GO. I'VE OUTLINED A CHECK-LIST BELOW OF THE BASIC PIECES I LIKE TO HAVE IN THESE CAPSULES TO ENSURE I HAVE VARIETY AND CAN CREATE A PRETTY, NATURAL LOOK WHILE AWAY. FOR THE REST OF YOUR TOILETRIES LIKE SHAMPOO, CONDITIONER, SKINCARE ETC. I LIKE TO DEPOT & DECANT THINGS INTO SMALLER TRAVEL CONTAINERS. THAT COMPLY WITH THE TSA 3-1-1 RULE - 3 (3.4 OUNCES (100 MILLILITERS) OR LESS FOR LIQUIDS, AEROSOLS, GELS, CREAMS AND PASTES). IN 1 QUART-SIZED BAG, PER EVERY 1 PASSENGER.

3-1-1 RULE



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|---|---|--|
| <input type="checkbox"/> SHAMPOO        | <input type="checkbox"/> CONDITIONER        | <input type="checkbox"/> BODY WASH             |
| <input type="checkbox"/> TOOTHBRUSH     | <input type="checkbox"/> TOOTHPASTE         | <input type="checkbox"/> RAZOR                 |
| <input type="checkbox"/> MAKEUP REMOVER | <input type="checkbox"/> FACE WASH          | <input type="checkbox"/> FACE SERUM            |
| <input type="checkbox"/> TONER          | <input type="checkbox"/> FACIAL MOISTURIZER | <input type="checkbox"/> EYE CREAM             |
| <input type="checkbox"/> SPF            | <input type="checkbox"/> BODY MOISTURIZER   | <input type="checkbox"/> DEODERANT             |
| <input type="checkbox"/> FOUNDATION     | <input type="checkbox"/> CONCEALER          | <input type="checkbox"/> FACE PRIMER           |
| <input type="checkbox"/> EYE PRIMER     | <input type="checkbox"/> EYESHADOW          | <input type="checkbox"/> EYELINER              |
| <input type="checkbox"/> EYELASH CURLER | <input type="checkbox"/> MASCARA            | <input type="checkbox"/> MAKEUP BRUSHES        |
| <input type="checkbox"/> BRONZER        | <input type="checkbox"/> BLUSH              | <input type="checkbox"/> DAY LIP & NIGHT LIP   |
| <input type="checkbox"/> HAIR BRUSH     | <input type="checkbox"/> HOT TOOLS          | <input type="checkbox"/> TYLENOL, TAMPONS ETC. |

## Step 7. PACK IT ALL AWAY

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ALL THAT'S LEFT NOW IS TO PACK EVERYTHING AWAY! I LOVE TO PACK MY CLOTHES IN PACKING CUBES TO KEEP THINGS ORGANIZED AND LOOKING NEAT & TIDY AND I ALSO LIKE TO ROLL ANYTHING PRONE TO WRINKLING. I FIND THAT DOING SO KEEPS THINGS FRESH AND CREASE FREE SO THAT WHEN I LAND ALL THAT'S LEFT TO DO IS UNROLL, AND HANG MY CLOTHES FOR A BIT BEFORE THEY'RE GOOD TO GO - SOME EVEN LOOK GREAT STRAIGHT OUT OF THE SUITCASE

I ALSO LIKE TO PACK MY TOILETRIES, MAKEUP, HAIR TOOLS AND ELECTRONICS (CHORDS, ADAPTERS ETC) IN MY SMALLER PERSONAL BAG RATHER THAN MY CARRY-ON & I LIKE TO WEAR MY BULKIEST CLOTHES ON THE PLANE BOTH OF THESE METHODS HELP SAVE SPACE

# SAVE TRAVELS!

