

CHALLENGE WORKBOOK

THE 30 DAY TRAVEL FASHION CHALLENGE

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THE 30 DAY TRAVEL FASHION CHALLENGE

Trip Details

Destination 1:

Dates:

Destination 2:

Dates:

Destination 3:

Dates:

Destination 4:

Dates:

Destination 5:

Dates:

THE 30 DAY TRAVEL FASHION CHALLENGE

- Day One
- Challenge: Create a Capsule Wardrobe
- Use this workbook to answer each of the daily questions
- Follow along with the 30 Day Travel Fashion Challenge Ecourse Calendar.
- Take as little or as long as you like to complete your daily tasks. Go at your own pace but I'll be with you every step of the way!

You'll be working on this challenge throughout the entirety of the ecourse.

Day Two

Challenge: Join Polyvore

It's an online wardrobe planning tool you'll use to create and edit your capsule wardrobes.

Follow Travel Fashion Girl: <http://travelfashiongirl.polyvore.com/>

- Like one of my clothing sets!
 - Use the polyvore clipping tool to save items onto your account.
- Refer back to them once you start creating your capsule wardrobe.

Don't worry, you'll learn more about using Polyvore throughout the course.

Day Three

Challenge: Sign up for Pinterest

- Create a Pinterest board with a title based on your destination. If you don't have one name it "Travel Fashion".
- Create one or more boards to save outfits.
- After you've pinned at least 20 total outfits, take a look to see if you find any similarities.

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Are you choosing outfits that feature a particular color? Do you choose outfits that are bohemian or classic? By doing this exercise, not only can you help define your personal style but you can also find inspiration to revamp it!

Did you find any similarities? Jot them down! Keep pinning outfit ideas throughout this course and don't forget to follow Travel Fashion Girl!

Day Four

Challenge: Find the weather forecast for your destination using one of these sources:

- weather.com
- holiday-weather.com
- worldweatheronline.com
- wunderground.com
- bbc.co.uk/weather/

If you can't find the weather forecast using these websites then search on Google for "weather in insert destination this time of year".

What is the general forecast for day and night? Check the weather reports the week before you leave and 3 days before. What are the highs and lows?

Destination 1

Weather Day:

Weather Night:

Destination 2

Weather Day:

Weather Night:

Destination 3

Share your travel plans! Take a screenshot of the expected weather and share it on Instagram using the hashtag #TravelFashionChallenge

Destination 4

Weather Day:

Weather Night:

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Day Five

Challenge: Make a list of all your planned travel activities. Include every thing that interests you: fine dining, nightlife, temples, hiking, camping, shopping, etc. Include specific information such as places, tours, sites, restaurants, etc temples, churches, cities, and more.

Activity 1:

How many days:

Activity 2:

How many days:

Activity 3:

How many days:

Activity 4:

How many days:

Activity 5:

How many days:

Keep these activities in mind as you plan your clothing and outfits.

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Day Six

Challenge: Create an itinerary. Write the activities down in your Travel Calendar and plan your travel outfits based on what you need.

- How many days, weeks, or months are you traveling? _____

If you're traveling longer than one week, find out if your accommodation offers washing machines or laundry service by reviewing their amenities online or asking them via email.

- Do they? _____

- If you need to do laundry, do you plan to hand wash, use machines, or laundry services? _____

We'll create the final travel outfit plan the last week of the ecourse.

Day Seven

Challenge: Determine local customs and clothing guidelines.

- Do you need to cover up due to cultural beliefs? _____

- Are you going to a big city and need to have a polished look? _____

- Are you going on an outdoor adventure and need appropriate clothing? _____

- Describe any clothing guidelines for your destination: _____

If you can't think of any, head over to the Travel Fashion Girl page on Facebook and leave a comment. I'll post it as a status update and get some feedback for you!

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Day Eight

Challenge: Make note of the things you like to wear and avoid those that you don't. Define your personal style to create the perfect travel wardrobe.

Reflect on your personal style: look at pictures of yourself and find the ones where you feel you're at your best! What about the picture was flattering? Did you have on amazing earrings, shoes, or hairstyle? Are you wearing your favorite pair of jeans? Is that royal blue top highlighting your best features?

Are there any specific things that make those pictures more appealing than others?

If you need help, reference your Facebook profile picture. We usually post our best images here. If you're not sure, don't worry. You can always come back to this later.

Day Nine

Challenge: Learn about colors and how to apply them into your capsule travel wardrobe. Choose a color palette.

- What colors do you like to wear? _____
 - Select a color guide: monochromatic, complementary, analogous, or accent: _____
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- What neutral color will you use: _____
- Choose one-three additional colors: _____

Use Polyvore to find color inspiration for each of the color guides.

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Day Ten

Challenge: Use my over-the-top assessment fabric system to verify if a clothing item will make the cut. Review this chapter for full details.

- Which fabric is best for your trip? _____

Try to choose clothing with these fabric properties as we create our capsule wardrobe. Don't forget to do this for each item!

Day Eleven

Challenge: Make a list of your favorite places to shop. Find the best clothing to start building your capsule wardrobe!

- Make a list of your favorite retailers: _____
- Search for tops, bottoms, and dresses that might work for your trip: fabric, color, etc
- Save each item using the Polyvore Clipping Tool.

For our favorite retailers, check out our best online shopping sites list! But wait, it's not time for you to go shopping yet - not until the after we plan your capsule wardrobe. We still have work to do!

Day Twelve

Challenge: Pick one of TFG's 4 Universal Packing Lists to create your perfect capsule travel wardrobe!

- Do you need more tops than bottoms? _____
- Do you prefer separates to dresses? _____
- Do you like the idea of easy to wear dress options? _____
- Which packing list combination works best for you? _____

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Day Thirteen

Challenge: Determine the tops you need for your capsule wardrobe.

- Do you own any tops that will work for your trip? _____

Once you've chosen your initial selection of tops refer back to the lesson on Fabric and answer these questions for each item.

1. Is this heavy?
2. Is it bulky?
3. Is it too sheer?
4. Is it going to keep you warm/cold?
5. Is it durable?
6. Does it wrinkle?

Complete the above exercise for each one of the tops you are considering. You will eliminate many items. Create a yes, no, and maybe pile.

- How many tops did you find that could work for your trip? _____
- Which ones do you still need to buy? _____

Day Fourteen

Challenge: Determine the bottoms you need for your capsule wardrobe.

- Do you own any bottoms that will work for your trip? _____

Once you've chosen your initial selection of bottoms refer back to the lesson on Fabric and answer these questions for each item.

1. Is this heavy?
2. Is it bulky?
3. Is it too sheer?
4. Is it going to keep you warm/cold?
5. Is it durable?
6. Does it wrinkle??

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11. Is it durable?
12. Does it wrinkle?

Complete the above exercise for each one of the bottoms you are considering. You will eliminate many items. Create a yes, no, and maybe pile.

- How many bottoms did you find that could work for your trip? _____

Day Fifteen

Challenge: Determine if you'll pack dresses on your trip. If so, what are the best style options?

- Do you usually wear dresses? _____
- What type would you choose? _____
- Do you need summer or winter options? _____
- How many would you consider packing? _____

Knowing the answers to these questions helps you decide how many other pieces to add to your capsule wardrobe.

For example, if you want to pack three dresses you know you still need to find seven other separates to complete your ensemble.

- Do you own any dresses that could work for your trip? _____

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Day Sixteen

Challenge: Choose two-three outerwear items you can layer together and wear with all the items in your capsule wardrobe.

- What will the weather be like during the day? _____
- What will the weather be like at night? _____
- What activities will you be doing? _____
- Do you plan on walking or touring by coach or car? _____

OUTERWEAR OPTION 1: _____

OUTERWEAR OPTION 2: _____

OUTERWEAR OPTION 3: _____

- Also, will you need under layers such as thermals? _____

Day Seventeen

SLEEPWEAR CHALLENGE: Determine the best sleepwear options by answering the questions below.

- What time of year are you traveling? _____
- What type of accommodation will you be using? _____
- Are you traveling alone, as a couple, with family, or friends? _____

- What type of pajamas do you usually sleep in? _____

- Based on your responses, what type of sleepwear works for your travels?

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BRA CHALLENGE: Decide how many bras you want to pack and what types are most functional for your activities. Write down your choices:

- BRA 1: _____
- BRA 2: _____
- BRA 3: _____

UNDERWEAR CHALLENGE: Determine how many underwear you need and what colors work with your capsule wardrobe.

- QUANTITY: _____
- STYLE OPTIONS: _____
- COLORS: _____

SOCKS CHALLENGE: Do you need socks?

- IF SO, FOR GENERAL USE OR SPECIFIC ACTIVITY? _____
- QUANTITY: _____

SWIMWEAR CHALLENGE: Will you pack swimwear?

- IF SO, WHAT TYPE? _____
- QUANTITY: _____

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FITNESS CHALLENGE: If applicable, choose the most versatile and minimal work out clothes.

• What are they? _____

Are there any additional items you'll need to pack?

Day Eighteen

Challenge: Determine if you have accessories that match with all or most of your capsule wardrobe. Pick the most versatile pieces.

Would any of these items work for you?

- Trendy Hats
- Fashion Belts
- Costume Jewelry
- Great Handbag
- Scarves

If not, what would you prefer? _____

What's the purpose of your trip? _____

Plan your accessories accordingly.

ACCESSORY 1: _____

ACCESSORY 2: _____

ACCESSORY 3: _____

ACCESSORY 4: _____

ACCESSORY 5: _____

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Day Nineteen

Challenge: Choose three shoes that will match all your capsule wardrobe clothing. Plan one pair of “walking” shoes that you can wear while sightseeing. Next choose the shoes you'll need to accomplish a specific activity. Last, choose one more pair based on a third necessity such as a change of weather, activities, or just plain fun!

1. COMFORT: _____

2. FUNCTION: _____

3. WILD CARD: _____

Don't forget to break these in!

Day Twenty

Challenge: Using Polyvore, create a hot weather capsule wardrobe that can be used for a summer vacation in a city, beach town, or casual destination.

Share it in TFG's Travel Fashion Outfits Facebook group:

<https://www.facebook.com/groups/travelfashionoutfits/>

Day Twenty-one

Challenge: Using Polyvore, create a cold weather capsule wardrobe.

Share it in TFG's Travel Fashion Outfits Facebook group:

<https://www.facebook.com/groups/travelfashionoutfits/>

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Day Twenty-two

Challenge: Using Polyvore, Create a mixed weather capsule wardrobe and diversify your style.

Share it in TFG's Travel Fashion Outfits Facebook group:

<https://www.facebook.com/groups/travelfashionoutfits/>

Even if your travels don't consist of a complex weather system, consider how you can apply these principles to further maximize the clothing in your wardrobe. How many ways can you use a clothing item? Try it!

Day Twenty-three

Challenge: Plan a budget!

- Do you have money allotted to buy clothing or gear for your trip? _____
- Will you shop in your own closet? _____
- Will you borrow travel gear? _____
- What's your budget? _____

Don't forget to use my money saving shopping strategies!

Day Twenty-four

Challenge: The day has finally arrived – buy what you need to complete your capsule wardrobe! Use the printable checklists to make note of what you have and what you need to buy.

Take these to the store with you and stick to your budget! Have fun!

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Day Twenty-five

Challenge: Have a fashion show! It's time to test out your clothing choices and try on each and every single combination.

How many unique outfits did you create? _____

How long is your trip? _____

Do you have enough outfits for your trip? _____

Once you've completed this task, use the outfit calendar in the workbook to jot down your favorite looks or save them all on your phone.

Use it as an easy reference during your trip!

Day Twenty-six

Challenge: Go through your "fashion show" pictures and determine if you have enough outfit options to work with all your activities.

Choose one of your travel outfits for each of these activities. Better yet, take a look at your notes from the Activities chapter and plan for everything!

Write down the outfits that worked best for each scenario:

• FLIGHT: _____

• SIGHTSEEING: _____

• DINNER: _____

• OUTDOOR: _____

What other activities do you need to create outfits for?

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Day Twenty-seven

Challenge: Determine what toiletries you'll actually need.

Answer all the question throughout the chapter. Make notes here and use the printable toiletry checklist to help you stay organized.

Do you have everything you need? _____

What do you need to buy? _____

Remember to buy and use reusable containers in various sizes!

Day Twenty-eight

Challenge: Maximize minimal makeup products

Answer all the questions throughout the chapter. Make notes here and use the printable toiletry checklist to help you stay organized.

Do you have everything you need? _____

What do you need to buy? _____

Use the printable Travel Beauty Checklist to ensure you get and your primping done in time for departure day!

Day Twenty-nine

Challenge: Determine the easiest ways to style your hair. Make a plan.

- What styling tools if any will you need? _____
- Are there any specific hairstyles you can use to simplify your primping time?

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Day Thirty

DAY THIRTY: FINAL CHALLENGE

CHALLENGE: CONGRATULATIONS! You made it. Now it's time to share your results!

Join TFG's free Travel Fashion Outfits Group on Facebook:

<https://www.facebook.com/groups/travelfashionoutfits/>

- Share your polyvore capsule wardrobes with other readers to get their feedback.
- Offer advice when someone else shares their capsule wardrobe.
- Don't forget to tell us how it went and give us your post-trip feedback!

For extra kudos take a picture of your final capsule wardrobe and share it on Instagram with the hashtag #TravelFashionChallenge. Show the world that you're a travel packing rock star!

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