

# TRAVEL WARDROBE ESSENTIALS



**A quick guide to the most versatile, functional, and stylish  
travel clothing for women!**

# **TRAVEL WARDROBE ESSENTIALS:**

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## About the Author



**Alexandra Jimenez** was born and raised in Los Angeles, California where she graduated from the Fashion Institute of Design and Merchandising in 2003. Since quitting her corporate job in the fashion industry in 2008, she has been to over 40 countries on six continents. Through her personal travel experiences, dilemmas, and solutions she has created a groundbreaking resource for female travelers, [TravelFashionGirl.com](http://TravelFashionGirl.com), where she shows women how to pack light in an efficient and fashionable way.

Other titles by the author include:

[\*Pack Light Stylishly\*](#)

[What to Wear in Paris: Summer Edition](#)

# Introduction

Choosing the right clothing for travel is the first step to packing lighter, efficiently, and effectively.

Achieving “packing perfection” means you can enjoy your trip without worrying about whether you brought along the right things. Plus, you’ll be comfortable and confident about how you look while traveling.

To get started, you’ll need to carefully assess each item to ensure it makes sense with your overall wardrobe. Every piece of clothing you pack should:

- Be versatile in different settings.
- Mix and match the rest of your wardrobe.
- Be appropriate for your planned activities.
- Make sense for the weather.
- Be something you love and feel good wearing. (This is the most important tip!)

Planning your wardrobe in advance ensures that you can focus on having fun and making the most of your well-deserved trip!

This eBook contains useful guidelines to help you make the best clothing choices. Adapt the suggested items to fit your own personal style and needs. If a specific item doesn’t make sense for you, use the concepts here to determine which pieces will work on your specific journey.



**CHAPTER ONE:**

# **HOW TO CHOOSE TOPS**

**The tops you choose should meet the following requirements:**

- They have a similar color palette.
- They mix and match with all your bottoms.
- They can layer if needed (especially in cold weather).
- They can keep you cool in the heat and warm in the cold.

You can't go wrong choosing neutral colors and basic pieces; you can always add pops of color with accessories.

But if you're an expert when it comes to color matching, feel free to go wild with prints and patterns--just stay within the same color story to ensure you can mix and match every piece.

### **ESSENTIAL STYLES:**

Pack the most versatile styles to make the most of less clothing and avoid packing items you won't wear.

## **1 BASIC TOPS**

Basic sleeveless and short sleeve tops can pair easily with every bottom, be worn alone, or as a base layer underneath other tops. Choose lightweight and comfortable fabrics, especially if the top is close-fitting against your skin.

## **2 DRESSY TOPS**

For a lightweight, dressy addition to your travel wardrobe, choose silk or polyester. Polyester travels, especially, well, hardly wrinkles, and tends to dry quickly if you'll be hand washing your clothes.

Both of these fabrics are thin, light, and work well in cool to moderate climates.

### **3** **BUTTON-UP TOPS**

One of the most versatile tops for travel is a button-up shirt. It can be worn alone, layered, as a light jacket, tied at the waist, as a vest (if sleeveless), or as a kaftan on the beach.

The styling of a traditional button-up or oxford shirt gives you a polished look, whether you're trekking in a jungle or sipping a martini in heels.

### **4** **LIGHTWEIGHT SWEATERS / LONG SLEEVE TOPS**

For cold weather, natural fibers are particularly effective at keeping you warm without the bulk. Merino wool is the best fabric for travel in cold weather. Cashmere and polyester synthetic blends are also warm and can be layered as needed.

Look for clothing featuring these fabrics in thin material and avoid chunky, thick knits.

### **5** **TUNICS**

Tunic style tops are great for travel. They maximize your wardrobe because you can pair them over pants and leggings as a long, casual shirt, and you can tuck them in for a more polished look.

Tunics are a great shield from the sun and can double up as kaftans on the beach. Depending on your height, you could wear a tunic as a sundress.

If you're traveling to a cold destination, pick a tunic in knit fabric. In hot weather, select a lightweight and airy blouse.

### **6** **CONVERTIBLE TOPS**

Certain clothing brands have convertible tops that can also be worn as skirts. When worn as a top, they may or may not have shoulder straps. These pieces work best in moderate to hot climates.

The best aspect of convertible tops is that they give you an extra bottom piece in your wardrobe. Whether you choose a solid or a print, just remember it needs to match with other tops when worn as a skirt.

***PLEASE NOTE:*** Convertible tops are not recommended for adventure activities like camping, hiking, trekking, and mountaineering. They're ideal for vacation-goers, leisurely long-term globetrotters, and business jetsetters.





**CHAPTER TWO:**

# **HOW TO CHOOSE BOTTOMS**

### **The bottoms you choose should meet the following requirements:**

- They are neutral, or match your color palette.
- They can mix and match with every top.
- They are appropriate for various activities.
- They can be worn more than once without washing.
- They can keep you cool in the heat and warm in the cold.

If you've chosen prints and vibrant colors for tops, stick to neutral shades for your bottoms. Conversely, if your tops are mostly solid, earthy, or neutral colors, go for printed bottoms if you'd like. Remember: your bottoms must mix and match with all your tops.

The type of pants you pack depends on your planned activities. Let's review some options.

## **1 TRAVEL PANTS**

If you have planned active and varied activities, a pair of proper travel pants is a good choice. Breathable, quick-dry pants are ideal on treks or in humid climates.

Don't despair—you don't have to wear those unattractive, convertible zip-off styles to reap the benefits. You can now find one pair stylish travel pants that would work in a business meeting, a nice dinner, and even on a trek.

## **2 LEGGINGS**

Leggings are one of the most flexible options for travel. They're lightweight, comfortable, can be worn as layers, used to work out, worn to sleep, and even act as a pair of trousers when paired with a tunic or long top. They are particularly useful to layer when you have trips spanning multiple climates.

If you choose a fitness brand of leggings, they can replace travel pants on a trek. If you find a more tailored style in a thicker fabric, the leggings can act as trousers.

### 3 SHORTS/SKIRTS

Shorts and skirts are great alternatives to pants in warmer locations, especially the ultra-versatile and chic maxi skirt. Swap shorts for a maxi skirt if you're going to a conservative area, but by all means, bring out the denim shorts if you're after fun in the sun. For a more tailored appearance, try shorts in lightweight fabrics.

The length of the shorts you choose should be based on your comfort level and the modesty required at your destination.

Capri pants are also a great alternative to shorts in warmer climates.

### 4 JEANS

Many women prefer wearing jeans on their trips. Although jeans weigh more than other trousers and are bulky, they are the ultimate in versatility. Dress them up with sexy stilettos, rock them out with combat boots, or wear them casually with your favorite trainers or sandals.

For longer trips or for trips to hotter destinations, opt for lighter denim fabrics with stretch.

**PLEASE NOTE:** Jeans are not recommended for adventure activities like camping, hiking, trekking, and mountaineering. They're ideal for vacation-goers, leisurely long-term globetrotters, and business jetsetters.



**CHAPTER THREE:**

# **HOW TO CHOOSE DRESSES**

Dresses are the easiest way to create a complete travel outfit. For trips under two weeks long, you could pack one dress for every day of your trip and have a unique outfit every day! This technique works particularly well for warm or hot weather trips.

A dress is the one item you don't have to mix and match with other clothing, so pack a classic piece or get colorful!

## **1** BASIC DRESSES

You can never go wrong with an LBD, or a Little Black Dress. The most versatile option is a medium length classic cut. Make sure the fabric works in both casual and dressy environments. By default, black looks elegant and formal, so even if your dress is considered more "daytime", with a few accessories you can make it look sophisticated for the evening.

Don't like black? Choose a solid color following the same principles. Taupe is a neutral that looks chic day or night. Alternately, if a deep red or vibrant blue is more your thing, then go with it. Remember, the most important packing tip is to choose clothing you love and feel great wearing!

## **2** BOLD DRESSES

Prints and bold colors are encouraged. Without the need to mix and match with any other item of clothing, you can wild with the pattern or color of your dress.

A maxi dress is at the top of the list for ideal travel dresses. If chosen in a lightweight fabric, you can easily wear it on long transportation journeys, in temples and regions where modesty is encouraged, for a long stroll in a small village or a big city, dressed up for dinner, and casually on the beach. Talk about versatile, practical, and cute, too!

Layer it with leggings and a long sleeve top for a chic winter look or wear it alone with a fedora and sandals in the summer, and you're all set.

You might hesitate to pack an item like a maxi dress that takes up more space, but if you wear it all the time, it compensates for the need to pack several items that may not be as versatile. Ideally, your dress is light and thin, but not sheer.

When choosing to travel with the minimum, consider a convertible dress/skirt or find a maxi skirt that you can easily hike up to convert into a dress. Add a thin belt and a pretty scarf, and voila! You'll be dressed up for any occasion.



CHAPTER FOUR:

# HOW TO CHOOSE OUTERWEAR

Depending on the weather, you may or may not need to pack outerwear. In warm locations, a button-up top or oversized scarf can act as a light cover up.

But in cold climates, your jacket or coat is your most visible wardrobe piece.

Choosing a jacket is like choosing a dress: go with a neutral color that will match everything, or select a vibrant color that will breathe life into your basic travel wardrobe.

**When it comes to warm outerwear, choose two items you can layer.**

- For cities, a classic coat in a medium fabric with a knit sweater or cotton hoodie underneath will ensure you're warm and will blend in with the locals.
- For adventure trips that include outdoor activities, a waterproof jacket with a fleece underneath will insulate you while providing the benefits of high performance fabrics.

Determining whether you need a rain jacket depends on the expected temperature and your planned activities. In a tropical monsoon, the last thing you want to wear is a raincoat that will make you sweat. But if you're planning a trek, a quality waterproof jacket is essential.

**Here's something to keep in mind for multi-season trips:** you can replenish your travel wardrobe throughout your journey. If you begin your trip at freezing temperatures and work your way to hot weather, you can ditch your heavy coat or knit items and buy some summer essentials. You don't need as much clothing in hot weather, and summer clothing is usually cheaper, too.

On the contrary, if you start your trip in the heat and then go to the cold, research the budget clothing options in your departure or arrival city when starting the cold part of your trip.

If your trip has you back and forth between climates, plan clothing you can layer and bring a medium-weight coat to balance out the space. You may want to invest in gear that provides insulation in light fabrics. There are always options for beating the weather without weighing down your bag. You just have to be creative!





CHAPTER FIVE:

# OTHER TRAVEL ESSENTIALS

## **1 SHOES**

Depending on your activities, two pairs of shoes is the minimum and three pairs is the magic number. Your selected shoes should encompass comfort, function, and style.

The comfort pair should be your ultimate walking-for-hours shoe, like trainers, flip flops, sandals, or boots. The function pair is for a specific need, like boots for trekking, sandals for hanging out at the beach, or ankle booties for walking around a stylish city. The final pair is the wildcard—maybe pick something a little more stylish like pretty sandals, heels, boots, or flats.

Make sure each pair of shoes matches your outfits. Don't pack repetitive styles—like two flats, two sandals, or two trainers. And don't forget to break in your shoes before starting your trip!

## **2 BRAS**

Select a neutral color like nude or black. Convertible straps are always a plus. Just like shoes, three is the magic number. Bras can be worn for a few days without washing.

## **3 UNDERWEAR**

They hardly take up space, so why not be prepared? If your trip is less than two weeks, pack one for each day. For longer trips, pack ten.

## **4 SOCKS**

You may or may not need socks for your trip depending on the weather. Two to three is sufficient for trips in warmer climates where you may only occasionally wear them. For cold weather, choose merino wool socks that can be worn more than once without washing.

## **5 SLEEPWEAR**

Depending on your accommodation, your sleepwear may vary. For a resort holiday, choose a silk chemise or pajama set. For hostels and long-term trips, choose items that can be used for multiple activities, like running shorts or leggings.

## **6** SWIMWEAR

A reversible bathing suit ensures maximum versatility, especially for women wishing to pack ultra-light. Packing two swimsuits offers variety in style and practicality between wears. Even if you don't plan to hit the beach, a bathing suit can be worn in a hot tub, spa, or double up as extra underwear.

## **7** ACCESSORIES

Even if you only travel with one bag, a scarf and earrings are essential. Since they are close to your face, they add instant style, color, and flair with little effort.

I hope you've enjoyed this brief introduction to packing lightly and stylishly. If you'd like to learn more about how to create the perfect travel wardrobe, check out *Pack Stylishly Light*. This eBook shows you how to create an efficient set of travel clothes and avoid overpacking.

If you are looking for even more in-depth guidance, check out *stop overpacking*. This is a step-by-step breakdown of my personal packing process for traveling carry-on for any trip of any duration. Go at your own pace and master the art of packing light!

For more packing tips, checklists, travel wardrobe ideas, outfits, spa experiences, shopping destinations, and fashion and beauty advice, visit [Travel Fashion Girl](#).

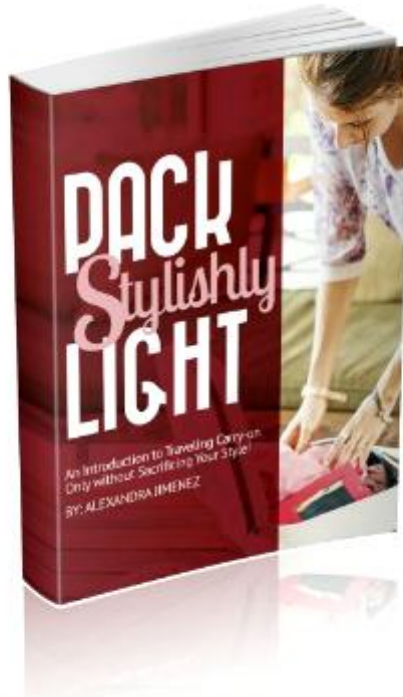
I wish you the best of luck creating the perfect travel wardrobe for a more enjoyable and stress-free travel experience. You've worked hard for your trip-- now relax and get ready for an adventure of a lifetime. Happy travels!

**If you enjoyed this book, you  
may also like other titles by  
this author:**

# PACK LIGHT STYLISHLY

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*(Please note this book was previously called “Capsule Wardrobe Essentials”.)*



Have you ever looked back at old photos of yourself on vacation and cringed – “what was I thinking?” **Never again! Gone are the days of opening up your suitcase and saying you have nothing to wear.**

Pack Light Stylishly is your guide to feeling like a fresh and feminine traveler without checking any bags.

Learn simple concepts that will allow you to efficiently select outfits that flatter you on your next trip – whether it’s for business or pleasure, in Mexico or Morocco. Because when you look great, you feel great – we all do!

**[PURCHASE / LEARN MORE HERE](#)**

# STOP OVERPACKING

*The Ultimate Step by Step Guide to Packing Stylishly Light! Stop Packing "What Ifs" and Start Packing Exactly What You Need.*



Join the author in this unique packing experience as she walks you through her detailed step-by-step process to pack light and choose the best clothing for travel.

Follow in her footsteps as she reviews her insightful planning strategies, thorough process of product selection, and gives you access to her personal packing secrets as a traveler that's been on the road for over seven years and has traveled through 38 countries and counting. This information packed 200 page packing course is an in-depth personal account of her experiences, offering the reader a one-on-one feel from day 1.

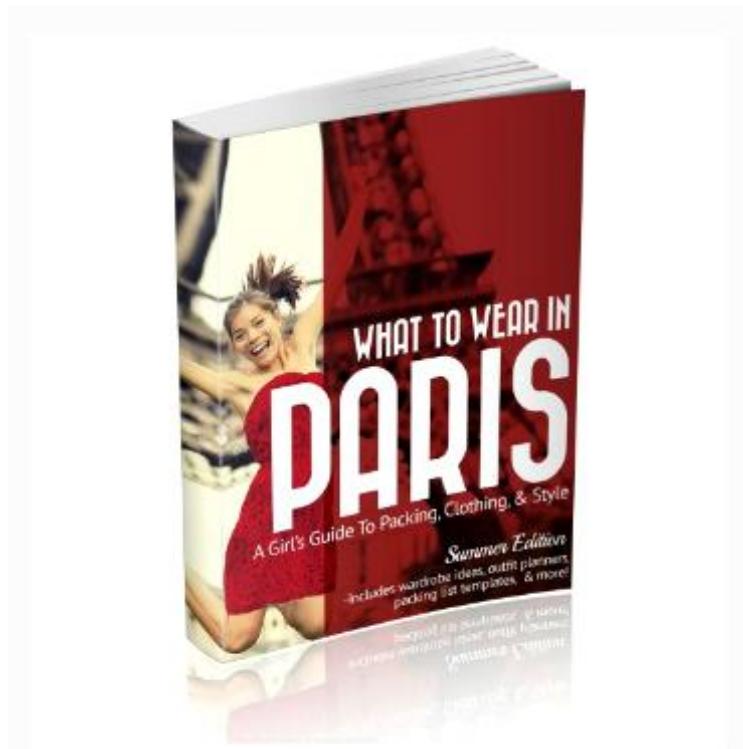
Whether it's a few days or several months, you can read this ebook at your own pace, but one thing's for sure: you'll save much time, money, and grief by avoiding the author's travel mistakes and using her tips to fast forward your way from travel newbie to packing pro.

**[PURCHASE / LEARN MORE](#)**

# WHAT TO WEAR IN PARIS: SUMMER EDITION

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*A girl's guide to packing, clothing and style!*



Your trip of a lifetime is planned to the one-and-only Paris and you have no idea what to wear. Fashion emergency!

You've been planning this trip for as long as you can remember, and want to look your absolute best in the city of love.

Travel Fashion Girl's founder Alex Jimenez has your back. What to Wear in Paris: Summer Edition is the one-stop answer look your best while blending in in this undeniably chic city.

In Paris, it all boils to down to thoughtful simplicity that is created to look effortless. Find out how you can put it into practice so you feel authentic and beautiful on this special vacation!

**[PURCHASE / LEARN MORE](#)**