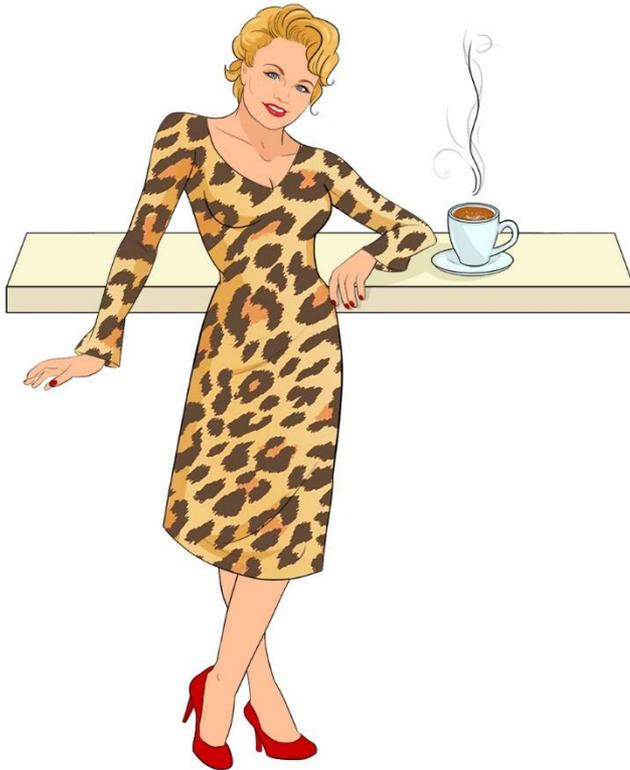


## Packing | Free Bonus Report



Hi, I'm Jill Chivers and it's my pleasure to be sharing this free bonus packing report. I have been packing for trips my entire professional life and have learned a few things that make it easier, and some things that make it more of a challenge.

I've put together my "best of" packing strategies, learnings and ideas in this short free bonus report, and my hope is that it helps you to pack for your next trip, and perhaps for all other trips thereafter.

The balance I've found lies in having enough clothes (and shoes and accessories) so that you have an interesting wardrobe to choose from while you're away, but not to take too much that your luggage literally becomes a burden. This is a fine balance to be found!

Enjoy your trip, and your wardrobe while you're away!

## Packing | Core Principles

**Follow these guidelines to pack like a pro every time!**

**Principle 1:** Pick a colour scheme and make sure that all the colours coordinate so that you can mix and match clothes easily. Choose 1 or 2 neutrals + 1 or 2 colours that all work together. Mix a print in for interest and variety, making sure it coordinates with every single colour you are taking.

**Principle 2:** Go heavy on accessories, they can dress you up for evening, or add interest for day. Accessories change the appearance of your outfit without taking up too much space and are the single best way to add interest and variety without adding bulk to your suitcase.

**Principle 3:** Pack no more than 3 pairs of shoes (excluding the pair you wear to travel -make those your heaviest or bulkiest shoes). Make sure your shoes are comfortable; often when travelling we spend more time walking and sightseeing, so only pack those comfy shoes!

## Sample Packing List | Short trip

### Short trip (2 – 5 days)

- 1 - 2 jackets and jacket-items (including cardigan styles and overshirts) – *pack one, wear the other*. At least 1 in block/solid colour (other can be a print, if it coordinates with everything else you are taking).
- As many tops as you have days. Most should be in block/solid colour or neutral, with 1 -2 in a print (if it coordinates with everything else).
- 1 – 3 bottoms – pants, jeans, skirts, shorts, Capris/khakis, comfortable “slouching around” pants. Block/solid colour is best – neutrals are even more versatile.
- 2 – 3 shoes, including the pair you wear.
- Underwear, hosiery/socks.
- Accessories to jazz it up and add interest and variety– scarves (patterned or bold colours), necklaces, earrings, bracelets, rings, hats, belts – to name a few.

### *If winter:*

- Overcoat, scarf, gloves, hat.

### *If summer:*

- Sun hat, bathing suit, sarong/cover-up.

## Sample Packing List | Long trip

### Long trip (2 – 4 weeks+)

- 2 -3 jackets/jacket-items (including cardigans, shrugs and overshirts) – *wear one, pack the other 1 – 2 jackets or jacket-items.* At least 2 in block/solid colour (other can be a print, if it coordinates with everything else).
- 8 – 10 tops (you wont need one for every day as likely you'll be doing laundry). Most should be in block/solid colour or neutrals, with 2 - 3 in a print (if patterned items coordinate with everything else).
- 3 – 5 bottoms – pants, jeans, skirts, shorts, Capris/khakis, comfortable “slouching around” pants. Maybe a dress. Block/solid colour is best for bottoms and neutrals are even more versatile.
- 3 - 4 shoes, including the pair you wear.
- Underwear, hosiery/socks.
- Accessories to jazz it up and add interest and variety – scarves (patterned or bold colours), necklaces, earrings, bracelets, hats, belts – to name a few.

### *If winter:*

- Overcoat, scarf, gloves, hat.

### *If summer:*

- Sun hat, bathing suit, sarong/cover-up.

## Packing | Example 1

### Summer Break

- A colour scheme that mixes and matches for maximum number of outfits (around 10 combinations here).
- A cardigan to cover up in air conditioning or cooler evenings out.
- Some attractive and comfortable sandals for all that walking + a dressier pair for evening.
- A dress that to wear out in the evening.
- A little jewellery to spice up the outfits, without weighing down your luggage.
- Light and easy extras like a small evening clutch and a foldable hat.
- It will all fit into a carry-on luggage case, along with some toiletries.





## Packing Principles | Summary

- Choose a colour scheme of 2 – 3 colours and pack around neutrals that work together. Examples are olive and camel; charcoal and ivory; navy, white and beige; khaki, grey and chocolate.
- Limit prints to one type of print (eg: stripes, paisley, leopard) and make sure the print goes with every item of a plain/solid colour you are taking.
- Limit prints to top items only – jackets, tops, shirts, scarves – they add variety and interest with maximum mix'n'match options and you notice prints more on the top than the bottom.
- Keep bottoms (pants, jeans, skirts) to solid/plain block colours – they will give you far more options than patterned bottoms.
- Pack clothes that can be layered so if you get colder or hotter you can add or remove layers easily.
- Decant liquids (shampoo, conditioner, moisturizer, etc) into small travel containers - less than 100ml and you'll be able to take them in your carry-on baggage.
- Stuff shoes with socks, underwear, and accessories (scarves, jewellery) to save space - plus it keeps the shape of the shoe.
- Roll your clothes when packing – don't fold. This reduces wrinkles when you unpack; it's a space saver when packing; and it makes it easier to access items if you aren't unpacking but are 'living out of your suitcase' instead.
- For more good oil on packing like a pro, pick up a copy of *Travelling Light* by Imogen Lamport by [clicking here](#)

## About the Author | Jill Chivers

I'm Jill Chivers and I understand what it's like to 'shop til you drop' and yet still feel it's never enough. I know how heavy that feeling is. And I'm here to tell you it is possible to lay that burden down, to stop the constant shopping, and to reclaim your life.

***Your life is not to be found in the mall.***

You won't get to the end of your life (the ultimate scorecard, if ever there was one) and wish you'd spent more time shopping.

Life is about the experiences you have, the people that you love, and the contribution that you make. And none of those things have anything to do with or require shopping.

My goal is to encourage you to think about the shopping you do, and to *choose* it – not find yourself accumulating more and more stuff you don't want, don't even need, and won't fully use.

Through products and resources I've created, I help women who shop too much to stop, or at least cut down, and to put shopping in its rightful place in their lives.



## More

These programs provide a great opportunity to explore your shopping behaviour and attitudes in a supportive, stimulating and safe environment:

✦ **My Year Without Clothes Shopping program.** The [My Year Without Clothes Shopping program](#) has 12 themes over the 12 months, 52 in-depth weekly tutorials, and bonuses and benefits in our member's only area.

✦ **6 Week Conscious Clothes Shopping Mini Course.** The [6 Week Conscious Shopping Mini Course](#) delivers 14 emails over 6 weeks, organised around the 6 key principles of conscious clothes shopping.

✦ **Shop Less And Live More.** You may also find my 365 daily postcards to inspire you to live, not spend, your life of interest and value. Discover more, including the email series and e-book, by [clicking here](#).