

Yes, you can travel light and in style

holiday
by ATRIA

CREATE A CAPSULE WARDROBE

It's tempting to toss every item of clothing you own into a suitcase and go. After all, who knows what you'll be in the mood to wear on any given day of a three-week excursion? But packing light is worth the effort. It makes carrying luggage easier. And, when you create a capsule wardrobe with an eye on styles that suit you best, you'll spend more time enjoying yourself instead of fretting over what to wear.

The capsule wardrobe grew more popular in the U.S. back in 1985 when designer Donna Karan introduced her Seven Easy Pieces line. The idea was to create a variety of outfits by mixing and matching a few timeless pieces in neutral or complementary colors.

The approach is ideal for clearing away closet clutter or packing light for a particular destination. Whether you're embarking on an urban adventure or an African safari, the method is the same.

Comprised of five to 12 pieces that work well together, a capsule wardrobe should include only those items of clothing you wear most often and fit you well. Choose a neutral color scheme such as white, black, beige, navy or cream, for instance. Then, create interest by adding accessories.



THE FORMULA

1 light jacket, cardigan or pashmina

Unless you're traveling to a cold-weather destination, a pashmina is perfect and stylish for chilly evenings and covering your shoulders when visiting churches, temples or other religious spaces.

4 pants, skirts and shorts

Select a total of four, in any combination.

4 tops or blouses

3 pairs of shoes

Again, consider your destination. Will you need one dressy pair, one casual pair and one pair for walking?

One Rule

Each piece should mix and match with at least three other pieces in your wardrobe, including shoes.