

## Holiday Wardrobes: Leave your 'baggage' at home

July and August – the months where passports, airports and bank balances endure their annual holiday season onslaught as people dust their bags off and pack their hopes (and a large portion of their wardrobes) and leave their worries at home for some holiday downtime. In this annual stampede via planes and trains to terraces and teahouses, it is the perfect time to consider that when it comes to holiday packing – less is more!

So for July we saluted small suitcases and shunned laborious luggage.

You see, the dual problems with over packing are that firstly, regardless of how you transport yourself and your baggage to your holiday destination, the more you pack the more fuel you guzzle and the higher the negative environmental impact is from your trip. According to Thomas Kostigen, author of [The Green Book](#), every additional ten pounds per person taken on flights requires an additional 350 million gallons of jet fuel per year, which is enough fuel to keep a 747 flying continuously for ten years.

Secondly, the bigger your suitcase the more space you have for clothes, both old and new. And it's these new clothes that create another holiday hangover - increased clothing waste because clothes often find themselves abandoned as the sun goes down on our holidays. Our excitable and often unnecessary spending on new holiday clothing purchases is [reported](#) to cost the average British consumer an average of £31-£40/HKD408-526 for each holiday, and that's before they even reach their destination.

And herein lie the dual benefits of light packing. Firstly, a small suitcase will save you; money (you will be less tempted to buy more new clothes because you won't have the space, and you won't be clobbered with excess baggage fees!), time (you won't have to wait for your bag to be spat out onto the conveyor belt at arrivals) and will save you a chiropractor bill (lugging the weight of the world on your back doesn't come easily!). Secondly, a small suitcase will turn you into your own stylist! You'll need to pack smartly to ensure that you can mix and match your contents and that your colours complement each other. This way if your suitcase gives you just an inch you can take a mile of styling options.

To celebrate this less is more, this month our globe-trotting-contributors included fashion designer and blogger [Anna Evers](#) from Spain, teacher [FiFi](#) from North Africa, charity shop consultant [Louise Croft](#) from the UK, stylist [Denise Ho](#) from Hong Kong and travel blogger [Ariadna López](#) from Spain. They took us into their small, weight saving suitcases that ferried them from beach, bar and boat and from playa, piazza and plaza without carrying the world on their backs. They showed us that you can leave your 'baggage' at home and here are their top tips...

1. **Mix and match and plan ahead** – 'Make sure that everything in your bag can be mixed and matched. I'm all about less is more. No matter what your style, the key is to always pack good basic pieces that combinable colours that you can mix and match with your holiday pieces.' said Anna.
2. **Accessorize** – 'You only have to pick the right accessories, like a hat, to transform your look. Just a switch of accessories will take a look from a perfect day walking the city to a dinner in the moonlight.' said FiFi.
3. **Watch those shoes...** – 'We all love shoes but I suggest maximum of four key pairs; sneakers, flats, sandals/flip-flops and heels. These will walk you through all of your holiday outfits.' says Anna.
4. **Embrace the one-piece** – 'Jumpsuits are my recommendation for a key holiday staple as you don't have to think about matching them and you can easily layer and restyle them with a jacket, coat or sweater.' said Denise.
5. **Pack a sarong** – 'A sari or a piece of light fabric is an uber versatile holiday item that you can mix and match with your other clothes. Sarongs act as a cover-up for the beach, and then doubles up to make a cute mini skirt, or a wrap for chilly evenings, or even an oversized scarf. Everyone should have a sarong with them when travelling.' said Christina.

6. **Pack smartly** – ‘Making use of your space is especially important when packing in a smaller suitcase. I layer all my clothes rather than folding them to create more space. First I put my sweaters, jackets and trousers, then t-shirts, my bathroom things. Finally, I fill the gaps with underwear and I always separate my shoes in a bag from my clothes.’ said Ariadna.
7. **Embrace local secondhand** – ‘For my holidays, I just pack absolute basics to mix and match, like shoes and accessories, a pair of jeans, swimwear, and some strappy tops. I then buy my holiday clothes from local secondhand shops once I arrive at my destination, especially in the US as the secondhand shops there are so good.’ said Louise.



*On day 184, Anna styled her little black dress with a pair of sneakers and straw hat, perfect for when you're exploring a city, and then she simply replaced the hat and sneakers with a sparkling necklace and heels to take this outfit from day to night.*



*On day 190, Louise packed interesting accessories, such as her handbag and her floral headpiece, to complement new additions to her holiday essentials.*



*On day 195, FiFi donned her basic striped shirt, pink shorts and comfortable sneakers to create a look that is perfect for exploring a city. 'I only bring one medium size bag on holiday and so I choose one that goes with everything I pack.' she said.*



*On day 200, Christina wore her favourite holiday staple – her sarong. 'I love this multi-functional sarong as it has so many colours in it so it looks different every time use it as.' she said.*



*On day 204, stylist Denise Ho showed us how great jumpsuits are for exploring the city as they are comfy and stylish. Here she pairs her crease-free jumpsuit with a statement bag and trench coat.*



*On day 208, travel blogger Ariadna, who loves to wear secondhand clothes, shared her capsule holiday wardrobe for travel in Iceland.*

**Next up... [Sustainable Brands](#)**

In August, we will highlight brands and designers who are addressing sustainability as well as dressing consumers in style. We will inspire you to change the way you think about sustainable and ethical fashion and inspire you to spend your money (and up your style) more consciously. Join the challenge by [#GetRedressed](#) on [Instagram](#).