



# BRENDA KINSEL



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## Brenda's Travel Wardrobe Workout Chart

If you've been using your Wardrobe Workout Charts you'll know just what to do with the Travel Wardrobe Workout Charts. If you're brand new to charting outfits start by reading the instructions for filling in the Wardrobe Workout Chart.

Once you have a sense of the activities you'll be doing on your trip and the climate you'll be in, start early to create an efficient travel wardrobe.

I do lots of travel packing for my clients and we use these charts for all their trips. A well-planned travel wardrobe allows them to relax and completely enjoy their trip. You can do it too. If you can start a week early, that's great. Start collecting some possible choices and storing them on a portable rack or on one end of your closet. Make an appointment with yourself to try on different combinations and make the final edits to your wardrobe as you write out the outfit components on your Travel Wardrobe Workout Chart.

If your trip involves definite changes from daytime to nighttime activities, I often designate one chart of outfits for day and one chart for night. While the chart starts with your traveling outfit enroute to where you're going and then proceeds to Day 1, Day 2, Day 3, etc., many times we just create the outfits and then my client chooses which outfit to wear on which day.

If there are special occasions I will make a note of that at the top of the column. A specific occasion could be a wedding, rehearsal dinner, and brunch. Or if you're going to a conference, you might know what you want to wear to present your program and what you'll wear to the gala but maybe the other days will be whichever outfit you decide on in the morning.

By trying on outfits and charting them you will be delighted to see you can create great looks for everyday and bring a lot less than if you throw things together in the middle of the night to catch your early flight.

When we plan for trips we have to be very efficient. My clients often tell me how happy they are that I helped them plan their high school reunion trip because once they got home they had fabulous outfits to wear in their own zip code. It's an investment of time that will gift you back over and over.

Enjoy!