

Joy Gregory - The Style Guide

CAPSULE HOLIDAY WARDROBE & PACKING GUIDE

EVERYTHING YOU NEED TO KNOW
TO PACK THE PERFECT
HOLIDAY CAPSULE WARDROBE

Welcome

Holidays should be a time of excitement, relaxation and switching off from the normal stress and anxieties of day to day life - But for so many women, it just isn't. Planning your holiday wardrobe can send a lot of women into a complete and utter panic.

Key to creating a capsule summer holiday wardrobe is to go for colours that compliment each other.

Springs - Red coral, flamingo pink, cornflower blue, soft white and aqua green

Autumns - Cinnamon, earthy red, forest green, cream and oatmeal

Team your outfits with tan / nude footwear and gold accessories where possible

Winters - Fushia pink, royal blue, true red, whites, dark navy and charcoal

Summers - Periwinkle, rose, white, icy pink, pastel blue and dove grey

Team your outfits with white / nude footwear and silver accessories where possible

To have your own seasonal colour analysis visit www.thestyleguide.org.uk/personal-colour-analysis.

What you pack should give you excitement, multiple options and enough comfort to carry out your holiday activities. Hand luggage, a full size case, or sharing with a family member, regardless of how much space you have - you need to plan.

I hope you find this guide useful, please post photos of your holiday capsule wardrobe on my Facebook page The Style Guide.

Happy holidays

Joy x

Knowing your body shape is key

Use the table to select the type of item for your body shape. If you are a rectangle, decide which body party you feel most comfortable with. If it is your bust - follow pear advice. If it is your bottom or hips and thighs - follow inverted triangle advice.

	Shorts & Skirts	Tops	Swimwear	Dresses Jumpsuits Playsuits	Trousers
Apple	Pleated front short Printed & patterned Bright & bold Floaty wide leg	Bardot V neck Long tops Asymmetric tops Cold shoulder tops	Ruching across the stomach Wide set straps Brighter colours above vs darker colours around the waist	Wrap dresses and jumpsuits Empire waist lines A line dresses	Culottes cropped trousers Light in colour Big Bold prints Bright Patterns Pleated front
Pear	Floaty / Wide Leg Plain Solid / Block colour	Light coloured Printed Bold Bardot Racer style	Wide set straps Keep detailing to the top half High cut bottoms Dark coloured bottoms	Halter neck styles Fit & flare A-line dresses Bardot styles	Wide or flared leg Flat front trousers Palazzo trousers Culottes
Rectangle	Full circle skirts Panelled & printed skirts Fitted shorts with a fitted top Horizontal print shorts with a Bardot	Scoop neck Low v-necks Sweetheart necks Wrap Styles	Peplum Side cut-out V-neck string bikinis Strapless tops Bikinis with ruffles	Belted dresses A-line Fit & flare Wrap jumpsuits Belted jumpsuits	Slim / straight leg Wide leg trousers with a top with frills Bootcut Flares Trousers with a tie belted waist band
Hourglass	Wide fitted shorts Floaty shorts, with vertical prints High-waisted shorts Full-pleated skirts A-line skirts	Tops with belted or gathered waists Wrap style tops Cold shoulder tops V-necks	Print on both the top and bottom One piece bathing suits with waist details such as belts or cut outs	V-neck jumpsuits Belted jumpsuits Peplum dresses Wrap dresses	Bootcut or flared styles Wide leg cropped trousers
Inverted Triangle	Flared styles Turn up shorts Bright & Bold print t A-line, flared and skater skirts Full circle & Tulip	Asymmetric tops Deep v necks Wrap tops	Dark coloured tops Scoop necks Wide straps Boy shorts Printed or light coloured bottoms	V-neck fit and flare Tulip style dresses Belted jumpsuits Jumpsuits with pockets or pleats on the bottom half	Cargo pants Wide leg trousers Slouchy or baggy and harem pants Cuffed bottoms with hem details

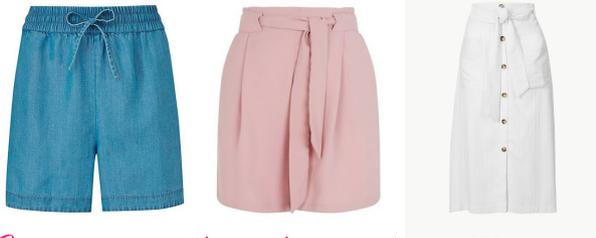
Don't know your body shape or want to find out more about how to dress for your shape?
Purchase a Body Shape Style Bible and get your Body Shape Analysis free.
Visit www.thestyleguide.org.uk/the-books

Seven day capsule wardrobe

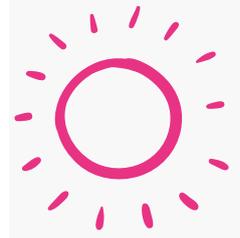
Seven day tops



Three skirts or shorts



One culottes or floaty trouser



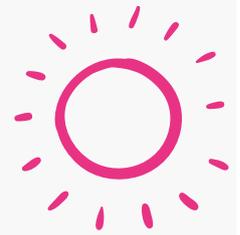
Six evening items to mix & match



Three swimwear pieces



Two cover ups



Shoes & accessories



Getting organised...

Let's start with your travel outfit....

Go for comfy trousers or a skirt - chinos or a maxi skirt are good options. Team these with a T-shirt, jacket and trainers. Use the body shape advice on page 3 to get the right trousers or skirt for you. I always wear a lightweight scarf for travelling too in case the aeroplane air conditioning is too cold.



Ultimate packing checklist

FOR THE PLANE

- Passport
- Airline tickets
- Travel insurance info
- Chargers / adapters
- Inflatable neck support
- Headphones
- Cardigan / large scarf
- Mints
- Hand sanitizer
- Bank cards / currency
- Reading material
- Lip balm
- Hair brush

FOR THE CASE CLOTHES

- 7 day time tops
- 3 skirts or shorts
- 1 culotte / floaty trousers
- 6 evening options
- 3 swimwear
- 2 cover ups
- 2 flat sandals
- 1 heeled sandal
- Big beach bag
- Evening clutch bag
- Sunglasses
- Pyjamas
- Underwear
- Sun hat
- Jewellery

FOR THE CASE TOILETRIES

- Shampoo
- Conditioner
- Body wash
- Moisturiser
- Shaver
- Deodrant
- Hairbrush
- Hair ties / pins
- Toothbrush
- Toothpaste / floss
- Make-up
- Make-up remover
- Sun cream
- Aftersun
- Insect repellent
- Glasses/contacts
- Paracetamol

Top Tips:

For extra space roll socks & underwear into your shoes.

Don't forget to wrap up jewellery so that it doesn't catch on your clothes