



hey doll

TRAVEL LIGHT WORKBOOK



STEP 1. PLAN YOUR TRIP

You can plan your list using my [free downloadable travel planner](#), or you can use the lines below. Be sure to include where you're going, what you're doing, and what the weather should be like. This will help you when choosing items to pack and planning your daily outfits.

Location: _____

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

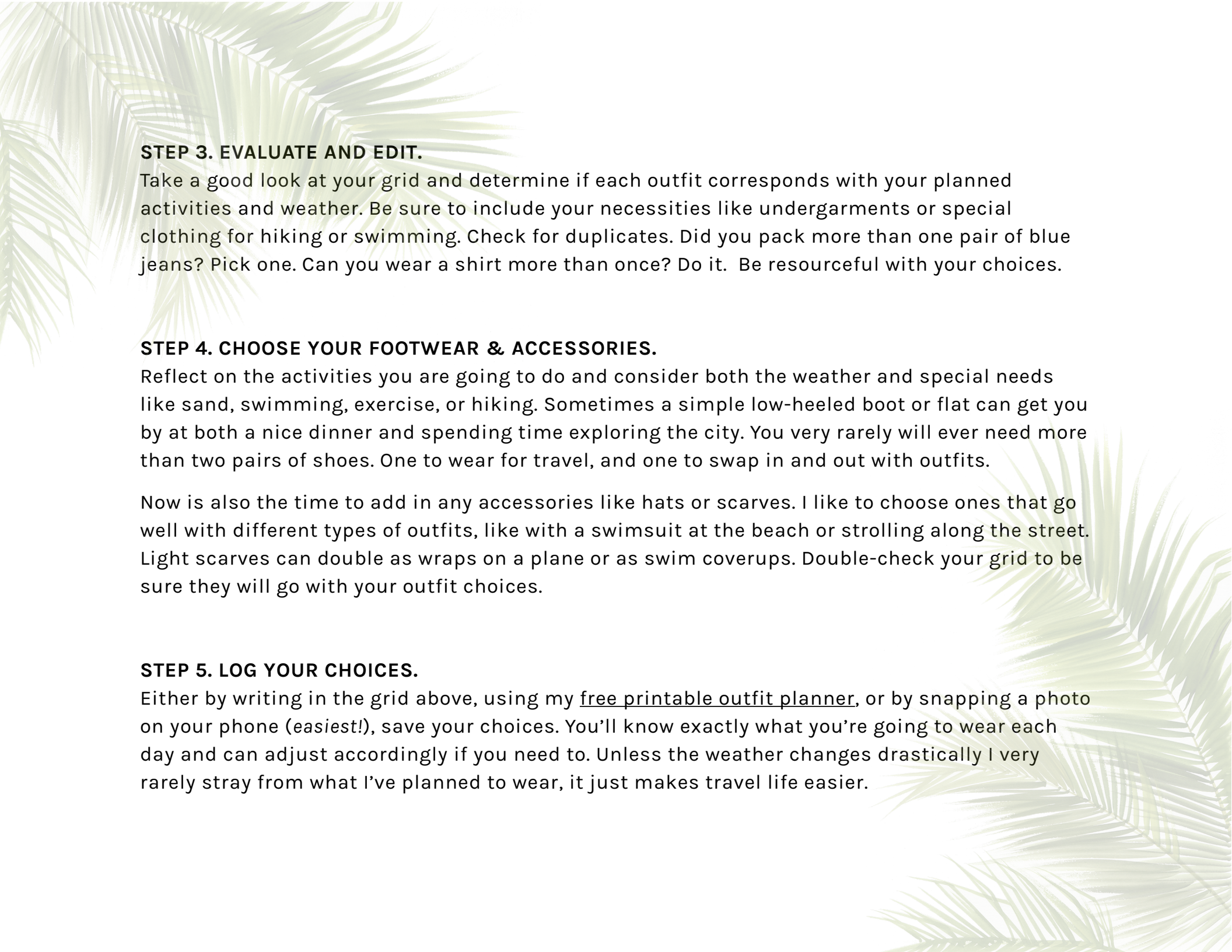
Day 8: _____

Day 9: _____

Day 10: _____

STEP 2. LAY OUT YOUR GRID

Now it's time to lay out your packing grid. On a large flat surface, imagine a grid, where the columns represent each day of your travel (*including travel days*), and the rows represent people. Fill it in with your planned outfits and necessities for each day.



STEP 3. EVALUATE AND EDIT.

Take a good look at your grid and determine if each outfit corresponds with your planned activities and weather. Be sure to include your necessities like undergarments or special clothing for hiking or swimming. Check for duplicates. Did you pack more than one pair of blue jeans? Pick one. Can you wear a shirt more than once? Do it. Be resourceful with your choices.

STEP 4. CHOOSE YOUR FOOTWEAR & ACCESSORIES.

Reflect on the activities you are going to do and consider both the weather and special needs like sand, swimming, exercise, or hiking. Sometimes a simple low-heeled boot or flat can get you by at both a nice dinner and spending time exploring the city. You very rarely will ever need more than two pairs of shoes. One to wear for travel, and one to swap in and out with outfits.

Now is also the time to add in any accessories like hats or scarves. I like to choose ones that go well with different types of outfits, like with a swimsuit at the beach or strolling along the street. Light scarves can double as wraps on a plane or as swim coverups. Double-check your grid to be sure they will go with your outfit choices.

STEP 5. LOG YOUR CHOICES.

Either by writing in the grid above, using my [free printable outfit planner](#), or by snapping a photo on your phone (easiest!), save your choices. You'll know exactly what you're going to wear each day and can adjust accordingly if you need to. Unless the weather changes drastically I very rarely stray from what I've planned to wear, it just makes travel life easier.

STEP 6. COMPLETE YOUR PACKING

Now comes the easier part, packing your other goods! I always try to pack smaller or travel size goods when I can, and always check ahead with where you're staying for items such as a hair dryer. Sometimes I pack my curling iron but rarely use it. I've included a handy checklist below (or you can see it online here) just in case you forget to think of something:

BASICS

- Itinerary
- Luggage Tags
- Identification / Passport
- Money / Wallet
- Sunglasses
- Tissues

CLOTHING

- Tops
- Bottoms
- Sweater / Jacket
- Intimates & Socks
- Swimwear
- Shoes
- Accessories
- Scarf
- Umbrella

PERSONAL

- Toothbrush
- Toothpaste
- Hair Products
- Hair Tools
- Hair Accessories
- Skin Products
- Cosmetics
- Medication
- Laundry Supplies

TECHNOLOGY

- Headphones
- Cellphone & Charger
- Tablet & Charger
- Computer & Charger
- Camera & Charger

Here are 20 more tips to travel light. For more packing & travel advice, visit www.hejdoll.com.