

the down low on

FALL fashion TO GO

By Cathie Arquilla

We asked stylist Cathie Arquilla for her picks on what to pack to keep it simple, stylish and of course, comfortable on your next journey.

J, J & J (JEANS, JACKET AND JUST A TEE)

Travelgirl, you know there is a great big world out there... of jeans. Choose wisely.

Jeans Guide Look

- Choose jeans with some stretch
- Leave the ultra skinny, ultra low ones to the PG 13 travelers or the likes of Donatella Versace
- Don't wear them with white sneakers (*please!*)
- Sadly, like bras, many women wear ones that don't fit!

Appreciate and trust a good "jeans guide," the way you would a good tour guide.

Journey Worthy: Levis 512, J Brand 805 Mid-Rise

Jacket Status

Depending on style, destination, functionality, activities, the weather, the stars, even pheromones, choosing the right jacket for each destination is a bit like mastering a Rubik's Cube!

For Barbara Angelakis, editor of *Luxury Web* magazine, a stylish leather jacket is *de rigueur*. I prefer a lightweight, cool-looking trench. Still, a packable blazer could be just the ticket to give you a little more outfit mileage.

Journey Worthy: Wrap London Waxed Cotton Trench, White House Black Market Leather Ruffle Front Jacket

Just a Tee

A steamer trunk full of choices....

Journey Worthy: Hanes Featherweight Henley T-Shirt, Banana Republic Timeless Crewneck Tee, James Perse Ribbed Jewel Neck Tee, C&C California Short Sleeve Deep V-Neck J.McLaughlin Catalina ¾ Sleeve Print Tee



Theory
Alexia Trench Coat, \$595
Charla Sweater, \$235
Cynthia Leggings, \$190

Joie
Angelika Suede Boots, \$565
www.shopbop.com

B&B. BOOTS AND BALLETS

Shoes are the biggest offenders when it comes to taking up space in your bag. Get the upper hand by limiting yourself to just a few pairs.

Boots Rule

Nothing says, “meet the streets” like a great pair of boots. I love the “danger girl” look of a spiky boot, but we’re talking touring here, so go with flat and functional.

- Wear them on the plane to save space in your bag.
- They should be relatively easy to get off and on. For a long plane ride, you’ll want to slip them off without sweating, grunting or elbowing your plane mate.
- Avoid lots of buckles, fringe, folds or stitching (too *Gypsies, Tramps and Thieves*).
- For travel choose sleek and simple to go everywhere and with everything!

Journey Worthy: Stuart Weitzman 50/50 Boots

Ballet Basics

Get your Audrey on and step into street savvy, simple chic ballet flats. They are still showing most with doodads across the toes. My advice? Don’t go there... stick to “plane” and simple.

Flat Facts:

- Look for a cushion sole OR have room to put one in.
- Yes to a fun color, no to pattern. A pop of color goes with almost any outfit, but a pattern limits you to wearing solids.
- Test-drive them with liners. If you’re someone who just doesn’t like the feel of shoes without socks, hosiery companies have finally developed liners that actually stay on!

Some are even meant to show a scalloped edge or a peek of color, but again, see if they work for you before they’re packed!

Journey Worthy: Cole Haan. If ballet flats aren’t your thing, The Car Shoe Company does a stylish walking/driving loafer that pairs well with casual skirts, jeans and khakis, allowing for that crucial travelgirl flexibility!

DEFINE AND CONQUER

Accessories define a personal style, position a look for an occasion and extend a wardrobe with optional outfits. Besides that, they’re fun.

Be Jeweled

There are two schools of thought about jewels for travel. Wear them on the plane, pack nothing else and never take them off, OR fill a small bag with beads and bobbles, so you can “grab and go” to the next item on your itinerary!

Gayle Conran of ConranPR wears a Tiffany Beads sterling necklace and matching bracelet on the plane and finds it does double duty: dressy for evening, fun and chunky for day. Flow Modern Design founder Brigitte Lehnert rocks vintage costume jewelry throughout her journey to multiply her outfits and options.

HUE Corduroy Jeanz stretch leggings, \$34
www.hue.com



Cole Haan Air Bacara Ballet in Black Nappa, \$138
www.colehaan.com

Elliott Lucca Cava Demi, \$108
www.elliottlucca.com



Diane von Furstenburg Tie Front Wrap Dress, \$298
www.saksfifthavenue.com



Ray-Ban Caribbean, \$189
www.ray-ban.com



Stuart Weitzman 50/50 Boots, \$595
www.zappos.com



Ray-Ban Aviator Titanium, \$165
www.ray-ban.com

White House Black Market Lambskin Ruffle Jacket, \$298
www.whitehouseblackmarket.com



Hobo International Paulina Purse, \$188
www.zappos.com



Elie Tahari Gweneth Stretch Knit Pants, \$198
www.saksfifthavenue.com

J Brand 805 Mid-Rise Jeans, \$158
www.jbrandjeans.com

La Petit Purse

A nice big carry-on is a no-brainer, but why not pack a sassy, classy clutch? This keeps them guessing, “Is she native, or not?”

Journey Worthy: Elliott Lucca Anise — love the silver!

Hobo International Paulina

Shade Savvy

I’m a bit bifocal here...

- Ray Ban Aviators — They say flight without fear and they look good on everybody and with most everything; check out their “newly released” shades.

While I’m not usually a label monger, I do think designer glasses can look incredibly sexy. They hit a silent, understated outfit with BAM, “And she’s wearing Chanel glasses too...”

- If you have trouble tracking your glasses, buy several street (or mall kiosk) options. Then you can switch them up from day to day and laugh jauntily when they fall off your face during that bumpy camel ride.

RUNWAY CHIC, LEGGINGS NOW

Leggings, jeggings and colored hosiery were strutting down most fall fashion runways. Before you hit the tarmac, see which leggy look is right for you. My two faves; leggings with a tunic and boots; little black dress, bright hose and black flats or Mary Jane pumps!

Journey Worthy: HUE Corduroy Jeanz, Elie Tahari Gweneth Pants

ODE TO THE DRESS

A classic dress is the ultimate in well-heeled style and you don’t even have to wear the heels. It’s comfortable, polished and feminine, not right for every trip, but just about! There is a wrap, sac, shirtwaist, shift, a-line or little black, white or navy DRESS out there that works for you and your destination!

Journey Worthy: Diane Von Furstenberg Tie Front Wrap Dress in Black, American Apparel Le Sac Dress, JCPenney American Living V-Neck Empire Dress-Eggplant

KEEP CALM AND CARRY ON A SCARF!

For function and style every journey begins with a scarf (or wrap!). It’s always better to wrap up in cashmere than a poly airline blanket. My most adored wrap is by Jules Allen and it is berry pink!

As for silk, perhaps it’s best to purchase a Gucci or Ferragamo scarf while in Italy or Hermes in Paris. (Travelgirl justification at work here!) It will become a coveted souvenir and immediate heirloom.

Fashion and beauty writer Molly Boxford suggests Echo scarves, “Once I’ve established a theme to my packing, I like to add an Echo scarf to pull together colors or looks.” Reasonably priced, they won’t gouge your vacation spending stash.

I’m finding the half-scarf/half sweater numbers out this fall interesting. Wrap London does a few that look hip and cozy.

Turn the page to see which colors are right for your personal travel style palette!

BEFORE THE JOURNEY BEGINS CREATE A COLOR STORY IN YOUR SUITCASE.

Let your final destination guide you in choosing your favorite pieces. Note their color and build a "color story" around those pieces, adding on essentials. Then brutally edit! With a stylish palette in place, no matter where the road leads, you'll be mixing and matching with ease.

I asked color guru Julie Hoyle of liveinfullcolor.com to create a few color palettes especially for *Travelgirl*.

Here are her top picks for on-the-go hues this fall:

WORLD MARKET: EXTREME COLORS FOR THE OUTGOING EXCURSIONIST



J.McLaughlin
Selina Cashmere Scarf, \$60
www.jmclaughlin.com

Marc by Marc Jacobs
Lil Mia Drawstring Bag, \$378
www.shopbop.com

Ann Taylor
Boiled Wool Ruffle
Topper, \$278
www.anntaylor.com

R & R: CALM, COOL AND COLLECTED FOR THE STRANGER IN PARADISE



Bop Basics
Hooded Cardigan. \$96
www.shopbop.com

URBAN EXPLORER: SUBTLE HUES FOR THE STREET-WISE GLOBETROTTER



Diane Von Furstenberg
Abbe Sweater Jacket in Olive, \$395
www.shopbop.com

Twelfth St. by Cynthia Vincent
Cone Stud Grocery Bag, \$295
www.shopbop.com

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