

## Traveling Soles

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So you're planning a trip and have to decide what to take. You know you'll need good walking shoes for some tours, a light pair of loafers or flats for shopping and having lunch out, a pair of dressy shoes to wear to the dinner and dance party, sandals will be required on the beach and maybe reef shoes if you plan to snorkel. Slippers are necessary for when you are in your room in the evening and the list goes on and on.....

Shoes and boots are the heaviest, and often the bulkiest, items we take when we travel. Here are some suggestions: choose to wear the good walking shoes on the flight or in the car while traveling to your destination; stuff each pair of shoes with small items like socks, pantyhose, gloves, scarves or underwear so that the space inside the shoes is not wasted; put shoes in cloth or plastic bags in the suitcase to keep them from marking your clothing.

Colour coordinate whenever possible so you can wear the shoes over again with a different outfit - if your walking shoes are brown take slacks and shorts in brown, khaki, beige, green or taupe. But if your walking shoes are black try navy blue, cream, green, red or black for the outfits you'll be walking in. The same applies to your dress shoes - make sure all your dressy clothes go with that one colour.

A very well traveled woman I know has red leather boots for walking, red leather loafers for casual wear and strappy red sandals for when they are required. Other than a pair of flip-flops to use on the beach and as bedroom slippers, that's all she takes on trips, sometimes for a month at a time. Most of her traveling clothes are coordinates of navy blue and/or white and she manages to be appropriately dressed for all occasions. She keeps a red clutch purse/wallet inside a larger tote and has two red belts - one thin, one wide - to change the look of her outfits.



Packing as few shoes as necessary helps lighten your suitcase and will leave you extra space to add any purchases you might make - maybe a pair of handcrafted sandals from Mexico or a beautiful shawl from Nepal, or even some sea shells you found along the coast!