



Six Packing Rules + Summer Suitcase List

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Six Rules For Packing + Summer Vacation Packing List

Overpacking is an awful way to start a trip. It puts everyone in a bad mood. And adds stress to what could be a relaxing vacation where you never have to worry about what to wear. But if you bring too much, you have the same problem you have at home: indecision. Too many choices.

You can learn the art of packing for a trip in one carry-on plus a tote.

It's so freeing. All your outfits are pre-planned, you can manage your own luggage, and have room to bring home any special finds. You can do this. I know you can.

So what are the rules of packing?
Here we go!

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Six Rules For Packing

{ 1 Carry-on + 1 Tote }

1. **Get the luggage right.** Sturdy, spinning & rolling wheels, an expandable option, (for fun purchases), quality zippers, nylon or hardside exteriors.
2. **Wear the same outfit to and fro.** Including your heaviest pair of shoes and jewelry.
3. **Use mesh bags.** Separate clothing into categories.
4. **Stick to a tight color scheme:** 2 neutrals + 1 pop of color.
5. **Most items serve double duty.** Your cover-up doubles as a dress or tunic; your tote doubles as a beach bag.
6. **Limit shoes to 2 or 3 pairs** - they take up the most room and weight.

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Summer Vacation Packing List, Travel Outfit

Travel Outfit

- [White ankle jeans](#) (or light rinse ankle jeans)
- [Pashmina](#)
- [White v-neck t-shirt](#) (or black v-neck t-shirt)
- [Lightweight Jacket](#) or
Sweater
- [Wedges](#)
- All or most jewelry



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Summer Vacation Packing List, Tote

Tote*

*I like [this one](#) because it has a zipper closure

- Evening clutch - doubles as your daytime wallet for phone, money, cards & license
- Medications
- Earbuds
- Pair of socks for cold feet in flight
- Sunglasses
- Magazine & book
- Laptop or iPad
- Silk Eye Mask
- Bottle of water and snacks
- Additional – if weather calls for rain during your trip, carry on with you a parka with a hood.

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Summer Vacation Packing List, Carry-on with 3 Mesh Bags

{ 4 days & 3 nights }

1st Mesh Bag

- Nightclothes
- Lingerie*
- 3 camis (be sure you have an "ivory" one, not nude; I like these)
- Workout bras
- Socks

*dirty lingerie goes inside your carry-on's side pocket at the end of each day

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Summer Vacation Packing List, cont'd

{ 4 days & 3 nights }

2nd Mesh Bag (Tops)

- 1 white, black OR grey v-neck t-shirt
(whichever one you're not traveling in)
- 1 [t-shirt](#) in a primary color OR a second tunic
- 1 going-out top
- 1 cover-up / [tunic](#) / [dress](#)
- optional: another lightweight sweater or wrap
- optional: 2 tops for workouts

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Summer Vacation Packing List, cont'd

{ 4 days & 3 nights }

3rd Mesh Bag (Bottoms)

- 2 pairs of [shorts](#) (white and black)
- 1 casual skirt
- 1 dress
- 1 pair of either white or black jeans (only if you're not traveling in them)

Miscellaneous

- 2 [Swimsuits](#)
- Toiletries (make sure you have travel sizes)
- Makeup Bag
- 2 Pairs of Shoes: leather flip-flops and wedges (if you're going to work out, throw in your workout wear, too)
- Plastic bag (for bringing home a wet swimsuit)

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outfit #1

Arrival/Departure

Travel Outfit

- [White ankle jeans](#) (or light rinse ankle jeans)
- [Pashmina](#)
- [White v-neck t-shirt](#) (or black v-neck t-shirt)
- [Lightweight Jacket](#) or
Sweater
- [Wedges](#)
- All or most jewelry



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outfit #2
Beach/Daytime



- [Sundress](#) as your Cover Up
- [Sandals](#)
- [Sunhat](#) with UV protection
- [Tote](#) as your Beach Bag

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outfit #3
Daytime



- White top
- Shorts
- Sweater (if nec.)
- Sneakers or Sandals

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outfit #4
Daytime



- White ankle jeans (or light rinse ankle jeans)
- Pashmina
- Black or color v-neck t-shirt
- Sneakers or Sandals

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outfit #5
Evening



- Sundress
- Sandals
- Fun Jewelry

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outfit #6
Evening



- White v-neck t-shirt
- Skirt
- Fun Jewelry
- Sandals

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outfit #7
Evening



- White ankle jeans
- Pashmina (ivory or black)
- Color v-neck t-shirt
- Sandals
- Fun jewelry

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