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How a spark friend influenced my travel wardrobe and helped me pack light.

Wednesday, December 24, 2014

I regularly turn to SP for healthy eating and exercise information. A few weeks ago this "non-fashionista" got some advice of a different kind.

Sparker Pheboss wrote a travel blog specifically geared to fashion.

I wanted to run every day of our trip which meant that 2 pair of running tights and a bunch of "performance, moisture wicking shirts" had to be packed.

So this is what I did.

The first wearing of each running shirt was at dinner.

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My "Chicos Travelers" pants and jacket disguised the purpose of my shirts quite well, especially when I added a necklace.

Since I only wore the shirt for a few hours, the next day it became my shirt for sailing and site seeing. I added a vest, which obscured the running logo, and heavier pants for warmth.



The vest is reversible so I did it again with a black shirt.



Finally, I used the shirt for its original purpose – my morning run when no one cared it was "used." You get the idea.

Phebe's scarf advice gave me the courage to try this. It doesn't look like a running shirt now.



Neither does this one



Unless the scarf slips and you realize it was part of the "Asics" collection.



In Vienna I bought a scarf to go with this shirt, just forgot to take a picture of it.



Actually I bought FOUR new scarves. I'm all ready for next time!

So thank you Pheboss!

I managed a winter trip (meaning heavier clothes) of 13 days in Europe with one 25" suitcase plus a carry-on and still had plenty of room for our purchases.



The gingerbread containers and snow globes in boxes will be gifts. I bought the buffet scarf, a snow globe of the Bratislava castle and the little tree.

The mugs from every Christmas Market are DH's souvenirs. Obviously these mugs will have to be relocated eventually.

We've done 2 other Christmas Market trips before and here's the result.



I hope we don't run out of beams before Europe runs out of markets.

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Wow - how creative! Love the reversible vest.
2346 days ago



**LINDAKAY228**

You did a great job of packing and making sure everything could be used for more than one purpose or event! Awesome!
2356 days ago

**MARYJEANSL**

Very smart - being able to pack light and still look like you brought your entire wardrobe with you.
2360 days ago

**GINIEMIE**

Phebe does have some fabulous tips on packing. Glad you were able to use some of them. I took a few of her ideas too and was able to separate out what was only for Belgium and only for Austria last spring. What a great idea to camouflage with scarves. Love the mug placement.



2361 days ago

**CD4114015**

Very clever ideas! That was an amazing lesson in fashion disguise! And you look GREAT!
2361 days ago

**DOVESEYES**

What a great wardrobe choice for the trip, a heavy bag can be a nuisance and usually clothes are taken home unused.
The scarves are a great idea too, you look fantastic in each outfit.
2361 days ago

**TRAVELGRRL**

You look great! I too work very hard to travel light -- doesn't it make you feel smart to travel light and look so wonderful? It should!!
2361 days ago

**1STBUCKETITEM**

You look "smashin'!" What great travel suggestions and something I'll keep for future reference. Looks as if you have had a wonderful holiday jaunt in Europe. Be sure to share some pics after the holiday.
Enjoy a very Merry Christmas and a fantastic New Year!



2015 here we come!!

2361 days ago

**TERI-RIFIC**

You are stylin'! I will copy your ideas!! You put together some really great looks.
2361 days ago

**HOLLYM48**

Love all of those outfit! Great idea and you look terrific!
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**PHOENIX1949**

Great tips. Thank you for passing these along.
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**FITNIK2020**

I meant singlets...running shells.
2361 days ago

**PHEBESS**

Brilliant! You look great in your photos, you looked great in your travels, and you were prepared for all the exercising you wanted to fit in!!!

I think you could start your own trend of Fitness Fashionista!



And I love that sheer black jacket - could go with just about everything, even over a dress in warmer weather!
2361 days ago



FITNIK2020

I have workout clothes as my central clothing item . Yoga pants , sinkers under my workout Tees and two pairs of athletic shoes. All my other things rarely get worn and Al in a 26 inch Pullman. A friend does it in a carry on for 30 days.
2361 days ago



WILSONWR

Now that's what I call a great way to make double use of your exercise wear, while travelling light for a vacation. Great ideas!!
2361 days ago



DR1939

Very smart packing. I always wash during trips. It's a little harder on cruises because you see the same people every day so I, too, use scarves and jackets to change things.
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FORZACHANDMATT

Way to go - and you inspired me to check out Pheboss page and it's wonderful!
2361 days ago



ICEWYNDE

Way to get creative with the wardrobe. You looked great!
2361 days ago



SYLPHINPROGRESS

The packing system and choices really work. You look lovely in each pic. Snow globes are magical, aren't they?

Laurie'
2361 days ago



WATERMELLEN

PHEBESS is a brilliant travel fashionista and you've certainly expanded those ideas into the fitness dimension: love the running shirts with the scarves, how very clever!!

You look marvellous in every photo -- and you kept your weight down down down with lots and lots of interesting food opportunities!!

Yay you and yay Spark!!
2361 days ago



CAROLCRC

Love the travel shirt ideas!
2361 days ago



ONEKIDSMOM

Love the extra things we learn from our Spark friends! Nice looks! And nice mug collection,

too.
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NELLJONES

Great planning!
2361 days ago



SWEDE_SU

very clever! especially in winter, when you need a lot more layers. well done!
2361 days ago



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