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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 Phebess 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.

Phebess' 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 Phebess!

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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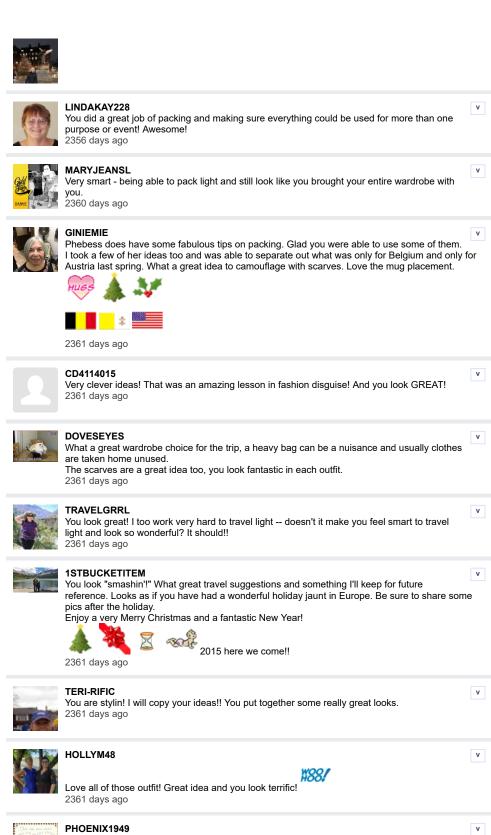
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FRABBIT

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







Great tips. Thank you for passing these along.

2361 days ago



FITNIK2020

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



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!!!

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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 ٧ 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. 2361 days ago **FORZACHANDMATT** ٧ Way to go - and you inspired me to check out Phebess page and it's wonderful! **ICEWYNDE** ٧ 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. 2361 days ago **NELLJONES** Great planning! 2361 days ago SWEDE_SU ٧ very clever! especially in winter, when you need a lot more layers. well done! Add Your Comment to the Blog Post Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by

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