

TRAVEL GUIDE

CHECKLIST



***T**hese checklists
have been
prepared to
honor each of your
FemmeTypes and assist
you in creating a gorgeous
trip experience...*

Planning Your Trip

- ☐ Set Your Intention (*do this before doing ANYTHING*)
- ☐ Research location, chic hotels, flights
- ☐ Create your trip budget for (*my New Yorker LOVES it*) :
- ☐ Airfare
- ☐ Lodging
- ☐ Transportation
- ☐ Food
- ☐ Cash for fun spending

Packing Process

Create a system that works for you. I included my system below, but there are spaces for you to adapt your own.

What you require:

- ☐ Suitcase
- ☐ A minimum of 2 lingerie bags
- ☐ Scented sachet (I use jasmine)
- ☐ Toiletries bag
- ☐ _____
- ☐ _____
- ☐ _____
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3 - 5 Days in Advance

- ☐ Set out your suitcase
(Hint: Put it in a corner so it doesn't feel cluttered)
- ☐ Start putting little things in it as they cross your mind
- ☐ Prepare your Itinerary
(Hint: Adding all the information you require for your trip makes traveling easy!)
- ☐ Prepare your "Fly First Class No Matter What" kit
- ☐ What items do you require to purchase?

Pre-Trip Shopping List

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Packing Completion

- ☐ Roll clothes
- ☐ Organize suitcase light to dark
- ☐ Put shoes on 1 side of the suitcase
- ☐ Put panties in panty lingerie bag
- ☐ Put bras in bra lingerie bag
- ☐ Add toiletries bag

Create Your Own System

After playing around with it, find what works for you. Use this space to take notes, and develop your own unique process.

[illegible]

Wardrobe Planning

[illegible]

Wardrobe Planning

This worksheet will assist you in creating your travel wardrobe.

Trip Date: _____

Trip Location(s): _____



Who do I require to BE in my Indie?



FRENCHIE

Where am I going?

What can I wear here that I can't wear anywhere else? *(Hint: Think about the culture, and a new aspect of style you can't experience anywhere else).*

What do I want to enjoy at my destination?

What do I want to experience?

What is unique about where you are going that you can experience more fully with your wardrobe?

How can I accessorize on this trip?



NEW YORKER

Now for the practical side...

What is the weather?

What will I be doing? *Include all events you believe you will participate in: Formal dinner? Camping with friends? Business meeting?*

What is my color theme?



PULLING IT TOGETHER.

What pieces am I bringing with me?

What can I mix and match?

What shoes am I bringing? How can I use shoes to change up my outfit?

MY PACKING LIST

We included a sample list. Review it, but make this list your own

- | | |
|---|-----------------------------|
| <input type="radio"/> Panties | <input type="radio"/> _____ |
| <input type="radio"/> Bra | <input type="radio"/> _____ |
| <input type="radio"/> Ballet flats for travel | <input type="radio"/> _____ |
| <input type="radio"/> Sneakers | <input type="radio"/> _____ |
| <input type="radio"/> Jeans | <input type="radio"/> _____ |
| <input type="radio"/> T-shirts | <input type="radio"/> _____ |
| <input type="radio"/> Blazer | <input type="radio"/> _____ |
| <input type="radio"/> Business attire | <input type="radio"/> _____ |
| <input type="radio"/> 3 workout bottoms | <input type="radio"/> _____ |
| <input type="radio"/> Socks | <input type="radio"/> _____ |
| <input type="radio"/> 3-4 sports bras | <input type="radio"/> _____ |
| <input type="radio"/> A hoodie | <input type="radio"/> _____ |

What pieces do I require to purchase?

After reviewing your packing list, add any items you require to purchase here.

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

What jewelry am I bringing?

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

OTHER ESSENTIALS

The following items support my FemmeTypes. I require to bring:



INDIE

- ☐ Journal
- ☐ Candle (we love the TARA Paris Candle)
- ☐ Eye mask
- ☐ Ear plugs
- ☐ TARA Paris Perfume - *My signature scent*
- ☐ Soft cozy pajamas
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- ☐ _____



FRENCHIE

- ☐ Lingerie
- ☐ Lingerie bags
- ☐ Fun outfits that support the culture and experience,
- ☐ Accessories to support
- ☐ Earrings
- ☐ Belt
- ☐ Rings
- ☐ Necklaces
- ☐ All cosmetics
- ☐ Lotions
- ☐ Oils
- ☐ Makeup
- ☐ Curling iron
- ☐ Pencil sharpener
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NEW YORKER

- ☐ Passport (also pack any required visas, etc)
- ☐ Wallet with credit cards, cash
- ☐ Microphone for recording (if necessary)
- ☐ Computer
- ☐ All chargers
- ☐ SMS card to change iPhone
- ☐ Itinerary
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[illegible]

BEFORE DEPARTURE

A final checklist to assist you as you depart and as you come home

- Double your lists to ensure you have everything you require
- Complete all laundry (*or have someone complete it for you*)
- Finish dishes
- Straighten up and clean, so you arrive home to a gorgeous space.

FLY FIRST CLASS, NO MATTER WHAT

WORKSHEET



INDIE

Who do you require to BE when you fly?

How do you intend to feel?

Set your intention for the flight:



FRENCHIE

How can I enjoy this flight no matter what?

How can I feel special anywhere?

FLY FIRST CLASS, NO MATTER WHAT

CHECKLIST

- ☐ 8x10 Bag (*that you only use for flying*)
- ☐ Cashmere socks
- ☐ Toothbrush and toothpaste
- ☐ Comb and hair tie
- ☐ Cute airplane friendly makeup kit (*make sure it includes blush or a bronzer since flights can really drain the color from your face*)
- ☐ Small pack of tissues
- ☐ Silk eye mask
- ☐ Ear plugs
- ☐ Organic lip balm
- ☐ Small size organic hand lotion.
- ☐ Earbuds
- ☐ Lipgloss
- ☐ Melatonin
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MY FLIGHT FOODIE BAG

- ☐ Raw salted almonds
- ☐ Chocolate espresso beans
- ☐ Apple
- ☐ Avocado
- ☐ Sunflower seeds
- ☐ Raw Protein, Marley Coffee, with protein shaker
- ☐ Fresh salad from home or airport
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PREPARING MY SPACE

ARRIVAL PROCESS

Feel into an arrival process that works for you. I included mine below.

- ☐ Make the space my own
 - ☐ Removing travel guides
 - ☐ Pens and paper from the hotel
- ☐ Set up the nightstand in a way that supports me
- ☐ Unpack my clothes
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COMING HOME

CLOSING QUESTIONS

What did this experience mean to you?

What did you learn about yourself?
