

Warm Weather

Comfortable clothing for warmer days



Cool Weather

For those cool evenings or overcast days

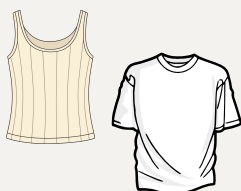


Smart Casual

Dress up a little for dinners or events

Light Colour

2 Tops



Bottoms



Layer



Choose one light coloured neutral: white, beige, grey or use complimentary pastels.

Dark Colour

Bottoms



Layer



2 Tops



Opt for one dark neutral and/or denim that compliments your light neutral: black, navy, charcoal, brown.

Accent Colour or Pattern

Layer



2 Tops



Bottoms



Choose one main accent colour, something bright that compliments both the dark and light neutrals in your capsule. Or opt for interesting patterns for contrast.

HOW TO BUILD YOUR CAPSULE:

- Start by choosing bottoms (pants, skirts, shorts etc) and build from there.
- Go for lightweight fabrics that don't need ironing and can be layered easily for cooler nights.
- Opt for pieces you really love to wear, you are more likely to use it on holiday if it is something comfortable that you already wear often.
- You really don't need as many clothes as you think. It is always possible to do laundry on your trip or purchase an item or two you really love while on your travels.
- Choose your colours and items so they are easy to mix and match.
- The **sudoku capsule** gives you many different outfit options from a small number of clothing items. Lighter luggage will make your travel experience less stressful!

TOPS: Two tops per column will give you plenty of options and you'll always have clean clothes. Mix up a variety of tanks/singlets, tee shirts and button-up shirts or blouses.

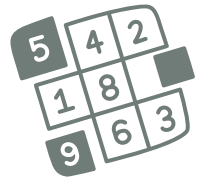
BOTTOMS: Pants, shorts, skirts etc, choose lightweight fabrics.

LAYERS: Layer clothing to transition easily between warm days and cooler nights. Long-sleeve shirts, light jackets and cardigans or a jumper. A scarf is also a versatile cover up.



Opt for quick-dry materials and bring laundry sheets for basin washing.





TOP TIPS:

- Rolling your clothing takes up less space in your bags.
- Pack heavier items at the bottom of the luggage to help keep it balanced.
- Packing Cubes? Yay or Nay? Personally I only use smaller packing cubes for underwear, swimwear and smaller items. Trying to pack everything into cubes does waste space in your luggage and I find I end up not using them anyway.
- Use zip-up pouches (like toiletry bags). One for cables and electronics, one for medications, toiletries, miscellaneous bits and bobs etc. Individual pouches will make it easier locating what you need in your suitcase.
- Keep one outfit in your carry-on luggage. Always handy if your luggage is lost/delayed and also ready for the next day without having to unpack your whole suitcase.
- Bring minimal toiletries if they are heavy or bulky, you can get most of what you need once you arrive in Italy.
- I use a small hanging toiletry bag on the plane for all my in-flight essentials (book, headphones, earplugs, socks, etc.)
- Invest in quality lightweight rolling luggage. Use a ribbon or decals to make it stand out at the baggage carousel.
- I prefer luggage with light-coloured interiors as it is easier to find what you need in a dimly lit hotel room.
- A foldable backpack or tote is useful for shopping and day trips!



ISCHIA WEATHER

The weather in southern Italy at this time of year is warm days and cool evenings. There is a chance of rainfall, so packing a small umbrella or rain jacket is a good idea. There are thermal pools at the hotel and we will be visiting local beaches and thermal parks so do pack one or two swimsuits. Towels are provided at the hotel. Comfortable shoes for walking are recommended.

