

Packing Advice

Pack To Flatter Your Figure



Accentuate the Positive

Looking your best no matter where you go requires understanding what looks best on you, flatters your body type, and balances your upper and lower body.

As in all of life, you want to maximize the positives and minimize the negatives, drawing attention to your best assets. Your wardrobe, especially when traveling, should be flexible, easy to care for, and increase your sense of well-being. TravelSmith offers a wide range of adaptable styles -- for business, formal, casual and on-the-go -- that allow you to dress beautifully and comfortably for your body type, anywhere, any time.

Remember: there is no ideal body type. Each female shape has its unique style attributes and challenges. Knowing what enhances your body type will help you select and enjoy a wardrobe that you can flatter your shape, and help you feel relaxed and attractive in your clothes. By creating a travel wardrobe you love, you're ready to hit the road in a moment's notice, confident you look your best.

Here are some specific tips for selecting clothes that balance and enhance each body type:

Bigger on Top

The least common body type found amongst women. Ironically, yours is the most common type seen on designer catwalks. Despite the fact that you are easy to dress, clothes that define your waist and soften your shoulders will most flatter your shape.

Tops

- › De-emphasize a larger bust with details like trimmed pockets or embroidery lower in the figure.
- › Define your waist with tailored shirts, jackets with waist belts, ties, or ribbons, and jackets of any length as long as they are fitted to your waist and do not gap at the bust.
- › Soften your shoulders with dropped shoulder points, like raglan sleeves and shoulder slits.
- › Add shape with bias cut, tunic and shift style dresses.
- › *Avoid stiff fabrics without stretch and exaggerating the width of your shoulders with halter necks, puffed sleeves, boat necks or strapless tops.*

Bottoms

- › Your slim hips give you tremendous choice when it comes to pants – look to balance your top with wider legs and softer, flowing fabrics.
- › Add shape and curve to your body by choosing fuller A-line, knee-length skirts with contoured waistbands and patch pockets on front or back.
- › *Avoid overly narrow silhouettes and pencil skirts if you are busty – they will emphasize your broad shoulders, making you look top heavy.*

Bigger on the Bottom

This is the most common female shape. Flattering clothes for your body type de-emphasize your bottom, elongate your legs and draw attention upward to your best assets - waistline, upper body, shoulders and arms.

Tops

- › Emphasize your upper body with wide collars, and details such as ruffles or embroidery. V-necks or sweetheart necklines with longer sleeves add width at the shoulder.
- › Show off your torso with slim-fitting tops, cardigans and button down shirts, with strongly-defined shoulder lines.
- › Play up your arms and shoulders with strapless or sleeveless tops and dresses.
- › Layer to create a visual balance.
- › Accessorize lavishly with necklaces, earrings, hair clips, and belts. If you're [short-waisted](#), wear your belt lower.

- › *Avoid tops that finish straight across your bottom or thighs.*

Bottoms

- › Choose simple and structured pants, boot cut or flared-leg, and skirts that skim the contour of the thigh.
- › Elongate your legs with pants that skim the ground. (Appropriate height heel required).
- › Choose shorts that hang straight down from the thigh and knee-length (like culottes).
- › Look your best in knee-length A-line skirts and dresses (fitted at the top, flared at the bottom). If you are tall, try ankle length A-line styles.
- › Slim down curves by wearing a heel, especially sling-backs, peep-toe pumps and long boots.
- › *Avoid straight dresses that tighten at the hips, straight and tapered leg pants and cargo pockets, waistband details, elastic, side pockets, pleats or drawstrings.*

Columnar

The well-proportioned, straight body type without a lot of curves challenges you to define your waist and create curvature both on top and on the bottom.

Tops

- › Elongate the upper body with necklines that fall below the collarbone.
- › Emphasize the bust line with breast pockets, front panel detail, pleating and wrap tops layered underneath.
- › Add shape with blouson tops or blousing a tee or shirt with a belt slung low on your waist.
- › Lengthen the torso with a longer jacket. Tailored and belted jackets or coats at any length give more shape and definition.
- › Enjoy that you are the only body shape that can wear a shift dress, but look equally good in bias cut dresses just below the knee.
- › *Avoid boxy styles, belts or pleated fabrics at the waistline.*

Bottoms

- › Broaden the lower half of the body with details on skirts and pants. Choose cargo pocket pants at any length for casual wear.
- › Wear jeans of any style, shape or length with any amount of detail.
- › Tuck a shirt into your pants or skirt and use an eye-catching belt to emphasize your waist.
- › Create curves with a pencil skirt just below the knee. Add bulk with bias and A-line skirts, either on the knee or calf.
- › Enjoy dresses with any skirt styling, shape or fabric, but pay attention to the top half of the dress.
- › *Avoid ultra low rise pants and skirts.*

Hourglass

With a balance between top and bottom, and a well-defined waist, your challenge is to create a sense of height and slimming to avoid looking bigger than you are.

- › Outline your shape with clothes that skim your body and draw attention to your focal points.
- › Shape your shoulders for a more-elegant look with shirts and tops that have a defined shoulder line.
- › Elongate the leg and slim down the mid section with tops and jackets at hipbone length.
- › Add style and sophistication with soft, neutral colors.
- › Invest in tailoring for extra adjustment.
- › *Avoid pleated and tapered bottoms and shapeless clothes.*

Full Figured

With a little extra in the middle, consider how to balance the upper part of your body, define your curves, and de-emphasize your rounder midriff.

Tops

- › Attract attention away from your torso with tops that have fairly low necklines (V-neck) and lots of sleeve detail.
- › Disguise your midriff by layering stretch wrap tops over fine knits, creating a "V- shape". Knits and woven [stretch](#) fabrics are best.
- › Simulate an hourglass look with a short structured jacket that buttons below the bust line and finishes at the top of your hips.
- › Formalize your most-flattering look with a tailored long coat or jacket worn over a knee-length skirt and layered knit top combination.
- › *Avoid belted and double breasted styles, crop tops, puffy sleeves, skin-tight knits, and tucking in your tops.*

Bottoms

- › Keep your pants and skirts simple and your waistline as flat as possible.
- › Emphasize your waistline with A-line, bias cut and wrap knit skirts and dresses, knee or calf length.
- › Deflect the eye from the widest part of your body with asymmetrical and handkerchief hemlines.
- › *Add volume to your bottom half with a flat front, semi low rise, boot cut, or flared pants with front and back pockets.*
- › Conceal your tummy with long tees by pairing them with a V-neck sweater, shrug or cropped jacket.
- › *Avoid tapered or pleated pants, slim or tiered skirts, dresses made of delicate fabrics, tight clothes, belts and*

waistline detail.

About the Author: Aysha Griffin, a pear-shaped travel/business writer and owner of GoRealtySantaFe.com, recently road tested TravelSmith clothes (2 weeks, one carry on) to London and Paris. She can be reached at www.AyshaGriffin.com



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