



Packing up the kit bag – in style!

Chata Romano, image consultant *extraordinaire*, is certainly no stranger to aircraft – she just handles them differently!

'I travel for business about twice a month from Cape Town to Johannesburg and manage to fit in an overseas holiday twice a year.'

Favourite international destination?

'I would love to say somewhere exciting and exotic, but I'm going to be very boring and say Mauritius – for the peace and quiet, the fresh air and the heavenly buffets!'

Favourite local destination?

'If I had to choose, it would be this fabulous country house in Plett. My holiday there is always a totally spoiled week with superb service and wonderful relaxation.'

Clothing when flying?

'If I'm flying locally for business, I wear a suit that doesn't crease. First impressions *do* count and although I don't like to be boring, I do need to be careful.'

And for international flights?

'Comfort is important. I'll board the plane smartly dressed, then slip into my favourite tracksuit.'

Eating/drinking/stretching/sleeping habits on the plane?

'I should say I have all these wonderful habits, but I don't. I'm a fidgeter and if I'm flying internationally, I don't normally sleep. Instead, I watch the movie, read, anything to keep me occupied. The one good habit I do have is that I don't drink tea, coffee or alcohol, so I suppose that helps.'

Packing technique?

'I pack by instinct but after years of teaching people how to do it, it comes naturally. Never duplicate your clothing and always make sure that each item you pack matches at least another two or three.'

Advice for anyone going overseas?

'There are three general questions to ask yourself: where are you going, for how long, and what is your lifestyle. You should then think and plan your wardrobe accordingly. I have designed



a 'Mary Poppins' bag for travelling which can accommodate 15 – 20 clothing items, three or four pairs of shoes, accessories and the all-important steam iron – one of the most amazing investments one could make.'

What is a stylish person?

'A stylish person is one who shows individuality, originality and self-expression. They don't necessarily dress as fashion dictates but rather as their personality allows.'

What is not a stylish person?

'Just about anybody trying to be hip and failing miserably. Also white court shoes, chipped nailpolish and clothes that are two sizes too small!'

Favourite item of clothing?

'I'm in love with my whole wardrobe! I wake up each morning in a different mood and that decides my day's outfit. If I really had to choose, I would say my white Versace silk shirt and my blue Levi's.'

Any other advice?

'If you need a back and shoulder massage after any trip you've ever packed for, then you've packed too much! Packing should be a pleasure – you just need a plan.'

Bon voyage!

by Lynne Craig