



Hi Goddess,

Welcome to a new feature at JourneyWoman: **Things She Loves**. This is our place to share and recommend tried and true products and services that we love — no marketing gimmicks, just honest and candid feedback from women, for women, to make solo travel easier.

Today's issue focuses on 'Double-Duty Packing.' For this feature, we asked the wise women in our private [Solo Travel Wisdom group](#) what items they recommend that do double-duty AND work in a carry-on bag. From merino wool to sarongs to bandanas, they had some incredible ideas.

Not only is packing light important for safety, it's also important when it comes to reducing our footprint. And you need not buy new items, we can share, recycle old clothing and donate items we don't use anymore. That said, if you do buy a new item, we encourage you to buy local and support a women-owned small business, like the two we've profiled here. For more on packing, visit our [Packing Tips section](#) which includes features on eco-friendly packing, why we should pack light and tips on downsizing your possessions.

18+ Things She Loves: Double-Duty Packing Items

1. “I have a longish trench coat - the BatCoat, the BadAss Coat, etc (named by nieces and friends). It is also a bathrobe, blanket, or pillow if needed, as well as my purse, or, you know, a trench coat. I love it. And when I am next in Shanghai or Hong Kong, it will be copied to be more my size (I have lost weight since I bought it), and will have a few pocket modifications. Coat is polyester and lining is nylon.” -Pamm McF.

1. "I have a long **Sweaty Betty lightweight black dress** with breathable fabric and a shorter version in navy blue. I wear this during the day with sneakers or flip flops and then dress it up with a necklace, possibly sandals or a jean jacket if I have room in my bag." - Carolyn R.

2. In the summer I take a **linen shawl** that also serves as a travel blanket, rolled up neck pillow, headscarf, towel, dresses up my outfit... in winter I take a **cashmere/merino wool version**. I take **two bandanas** and use them as bandanas, head scarfs or head band, tie them together as a sling for my water bottle, wash cloth. **Quick dry underwear** as my bathing suit and as underwear. **Bar shampoo** as my body soap. **Dr Bronners peppermint soap** for a whole host of washing needs." Judy J.



A Shawl, Sarong, Scarf or Light Blanket: Celebrate the versatility of this Turkish cotton towel wherever life takes you. Enjoy your large absorbent bath sheet as a towel, sarong, shawl, scarf and light blanket. Wash it in a bowl of water or toss it into your regular machine cycle, no fabric softener is needed. Available at **Pomp & Sass** in 7 exclusive styles. Founder Nikky Starrett is offering JourneyWomen 10% off their orders with the code **Journeywoman10** (for Canadian and US orders). Pomp & Sass is a small business focusing on ethical manufacturing and sustainability. Part of our profits go to the Canadian Women's Foundation. (Sponsored)

4. "I always travel with several pairs of **colourful, eclectic leggings**. They're great for hiking/adventuring and perfectly acceptable for funky restaurants or museums/galleries. Best of all, they roll well, weigh practically nothing, can be washed in a hotel sink and dry in mere hours." Jane L.
5. "**Black ankle pants in a stretchy fabric**-- daytime/nighttime/plane time." – Gin R.
6. "**Quick dry large towel** = blanket= bedsheet = beach mat= sarong = mat = pillow when rolled." - Danièle H.
7. "**Sarongs** can be used as a hobo bag, sunshade, shawl, skirt, dress, etc." - Michele T.
8. "I NEVER leave home without a **sarong**, ever. It's a cover over short skirts or shorts when going into temples and mosques, a head covering for the same reason, when I wore swimsuits it was a swimsuit cover, it's a picnic blanket, a pillow on a plane or train or bus. It's been a table cloth, a window covering, a sofa covering when there is a light colored sofa, a shawl, a scarf,a sarong imho is the most versatile piece of fabric in my suitcase." – Jady B.
9. "I only pack solid toiletries, mostly sticks. The **cocoa butter stick** works as a moisturizer, make up remover, lip balm, calms hair frizz, the list goes on." – Nadine M.
10. "True story: I bought 2 pairs of **merino wool long underwear** for my trip to Antarctica. We crossed packed just in case....and those became my "running pants" on board the ship for 10 days, as my big suitcase did not catch up to me until we got back. The pants were grey/purple and did not look like undies!! I had 1 pair of jeans, 3 tops, and the waterproof pants to allow me onto the zodiacs!! I knew my mom would be mortified if she saw me running around in my undies!!" - Dee K.
11. "I love **merino clothing** and just about converted my whole wardrobe to it. Perfect for travel - lightweight, breathable, doesn't retain odours, easy to wash and dry. Long thermal tops and bottoms in various colours I wear as underwear, outerwear or pyjamas." – Terri M.
12. "In cooler weather my **silk underwear- shirts and leggings** - serve as a warm layer under jeans and sweaters, also keeping sweaters clean. They double as pj's, dry quickly and pack in the nooks of my carryon." - Betty M.



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13. “**Bandanas**: Napkins, impromptu grocery sacks (tie the corners), face cloths, cooling neck wraps when wet, neck warmers when cold, etc. **Pashmina**, different weights for different climates. Wrap, warm blanket, rolled as a neck pillow when traveling, picnic blanket, worn as a scarf, covers shorts or bare shoulders in churches which require it.” – Debra K.
14. “**Collapsible puffy jacket**. Self folds into a pocket that makes a nice pillow.” – Efrosini D.
15. “A knee length cap sleeve **dress with UPF fabric**. Dress, tunic, robe, swim cover, beach blanket, shoulder wrap/pillow for plane.” – Marti S.
16. “I haven’t tried it yet, but I have been following an Aussie brand, **Saffron Road**, which makes slip dresses. They can be worn in so many ways with and without tops. I also used to have a couple of **reversible skirts** which were fantastic with very different colours and pattern on each side.” – Margaret B.
17. “Reversible skirts **from Travelsmith** years ago that I still use! Basic black on one side and pattern on other. Love them.” – Dee K.
18. “A couple of years ago I bought 3 **reversible dresses**, which translate to 6 dresses. They are vibrant materials and look nice for day or evening with a black or white cover up for evening.” – Joy F.