

How To Packing for Your Next Trip ✈️ Learn from the Expert 🧡 [episode 8]

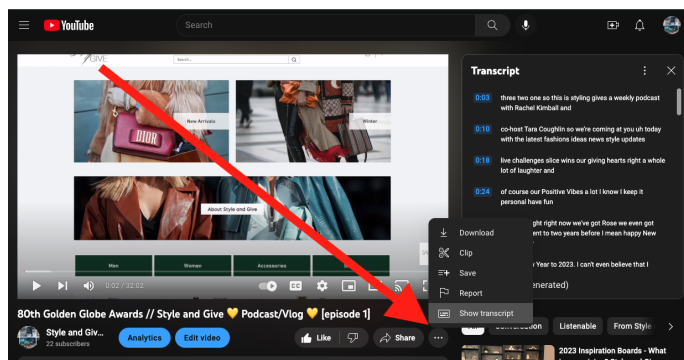
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Transcript

0:00

hello welcome welcome to style and gives

0:03

weekly podcast with Rachel Kimball and

0:06

and Tara Coughlin we're coming to you

0:08

with the latest fashion ideas news style

0:11

updates life's challenges life's wins

0:13

our giving hearts a whole lot of

0:16

laughter and of course our Positive

0:18

Vibes right Tara always and today we I'm

0:22

so excited because today we're going to

0:24

talk about packing for spring break and

0:28

spring break trips and and we've got

0:31

Tara here who is amazing and I'm just

0:34

like a packing extraordinaire and so I

0:37

guess we start off you know you know

0:39

like how do you where do you start

0:40

that's I guess that is a good question

0:42

yes

0:43

um you know packing can be overwhelming

0:46

for a lot of us a lot of you um

0:50

so I think you know you start with a

0:52

plan like where are we going so I mean

0:54

I'll focus on kind of like tropical

0:56

because that's where I'm going

0:58

um

0:59

and you know what is your setting so

1:01

what are we

1:03

um you know I I kind of break it down by

1:06

data night so I pack I over pack for my

1:09

daytime who doesn't Beach day I'm right

1:12

there with you lots of swimsuits lots of

1:15

cover-ups um you know and those type of

1:17

outfits can take you from the beach to

1:19

you know it was some early dinners some

1:21

after the beach

1:23

you know a late lunch type thing and

1:25

then kind of plan out

1:27

your dinners so

1:29

and that's kind of where we fall into

1:31

over packing like you don't need 10

1:32

outfits yes it's nice but realistically

1:35

let's

1:36

say less is more and then bring a lot of

1:39

mix and match type outfits a lot of

1:41

neutrals good point some easy breezy

1:44

lightweight outfits are always key and

1:48

always nice to have when it's warm and

1:50

on these like beach beach Vacations so

1:53

that's kind of where I start is make a

1:55

plan and kind of Follow Your guide and

1:59

don't detour too much because I know

2:01

that's how you know as I start this is

2:03

what I do Tara as I start packing I add

2:05

on

2:06

here I mean I started I make these piles

2:10

and then I add and then I add more

2:11

accessories and then I'm like oh well

2:12

wait you know and then there's you know

2:14

the are we doing family pictures so

2:16

there's that too oh that's a great point

2:18

and so to try to just stick with the

2:21

plan

2:22

and go through the whole list first

2:24

exactly and then if there's room at the
2:26
end which you know with me I'm always I
2:28
always have a wear I got it as a gift
2:32
um and it was the best gift ever right
2:34
and I pack and I had to pack it with me
2:36
on on my trips because I buy things and
2:40
that's the other thing that people buy
2:41
things and then all of a sudden it's oh
2:43
my gosh I'm at a 49 limit here and I
2:46
have to fit in the three dresses you
2:49
know two pairs of thongs and like all
2:52
the you know new sarongs I bought for my
2:54
bathing suit into that actual suitcase
2:57
so right you just stick to the plant I
2:59
think you're yeah you're right and so
3:03
obviously are you're a pack ahead you
3:06
know I'm a pack ahead of person yeah I'm
3:08
already packing for March 19th so yes
3:11
excellent I mean I think that's a great
3:13
idea because that's what happens to some

3:15

of us is the fear of I don't even want

3:18

to think about it even though you're

3:19

excited for the trip right but then it's

3:21

a little overwhelming but if you do

3:23

start early

3:25

absolutely or you know start shopping

3:27

your own closet before you head out to

3:29

the stores that's kind of a tip that I

3:32

like to use for myself and tell others

3:33

that shop your closet you know maybe you

3:35

have some great pieces that you scooped

3:37

up at the end of last year that you

3:38

never used for the previous spring break

3:40

so

3:41

pack that or start with a few of your

3:44

you know Grand pieces that you know you

3:46

want to wear that you're a few awesome

3:48

dresses that you want to take and kind

3:49

of build around that that kind of helps

3:51

you create your whole week so yeah I
3:56
would agree on that degree and that's
3:58
always helpful and laying it out is that
4:01
way you do you lay out the actual outfit
4:04
from uh the jewelry and everything
4:07
I have a few rolling racks around my
4:09
house so just a few no she has a lot me
4:12
too downstairs he's like I have one I
4:16
can put my kids stuff on one so yeah I
4:18
just kind of plan out and as I'm you
4:19
know in my daily travels or just want to
4:22
have spare time
4:23
line up a few outfits put the shoes put
4:25
the jewelry and you know that's kind of
4:28
how I mean that's the easiest way to get
4:30
it done in a normal fashion otherwise
4:33
you're scrambling around last minute
4:35
you're heading out to the stores you're
4:37
flipping out your kids or you know so
4:40
and if you have multiple people in your

4:41

family that you're packing for which is

4:43

the most everyone

4:44

you know husbands are easy kids are

4:47

pretty easy so right and then the extra

4:49

like I guess like Essentials you might

4:52

be forgetting that's always the thing

4:54

I'm always thinking wait a minute

4:56

what am I forgetting and you know I I

4:59

I'm the person that passes the full-size

5:01

shampoo and conditioner because you

5:03

gotta have like I gotta have gush you

5:05

know I can't use anything new right no

5:07

way my hair's gotta look you know even

5:09

though it's gonna have two minutes I

5:12

know see and that's something that I I

5:13

do need to start doing because that

5:15

saves so much space and so when the

5:17

weight goes down big time you know so

5:20

that's something that I know I need to

5:21

remember so Essentials that you think
5:24
people I mean do you have to pack a lot
5:26
of swimsuits are you thinking I mean I
5:28
well I I mean I like to have a lot of
5:32
swimsuits because that's I'm in the
5:34
swimsuit most of the day right so that's
5:36
kind of my day outfit and then I just
5:38
pack a few fun cover-ups to kind of mix
5:41
and match and you know take me through
5:43
the evening or whatever but I I love
5:46
swimsuits yeah that's a whole other
5:48
topic but we'll get there we will get
5:50
there yes I I think it's it's fun I mean
5:54
Now's the Time to do it I'm going away
5:56
in warm weather coming from cold I want
5:59
to get the swimsuits out so why not I
6:01
think that's definitely the plan and I
6:04
know I went recently on a trip to Cabo
6:07
and I I ended up like bringing a lot of
6:10
my Missoni pieces that were like you

6:12

know sweaters that were really

6:14

lightweight they were the knit and I

6:15

just used them like I had one that was a

6:17

poncho then I had one that was just

6:19

really light super lightweight but it

6:21

was long and I use them as cover-ups and

6:23

then I bought a card again like a silk

6:25

cardigan that had this really fun like

6:27

Hawaiian pattern on it for Pinko and I

6:30

ended up wearing that as one of the

6:31

cover-ups like I tried to think outside

6:33

the box because typically you know

6:35

you'll just have that white T-shirt

6:37

dress or you know something that's

6:39

crocheted that you put over your

6:40

swimsuit but you know you might even

6:42

have things in your closet or even your

6:45

when you think is Winter wear that you

6:47

can still transition into that

6:49

absolutely or pair those pieces you know

6:52

maybe with some linen pants or that's

6:54

your cover-up shirt and just maybe add

6:57

your denim shorts

6:58

I think just you know utilizing those

7:01

pieces that can really

7:03

go day to night and a lot of neutrals

7:06

neutrals are great

7:07

yeah it'll get you far that the white

7:09

and the ivory and the you know just and

7:11

plus the heat sometimes if you're going

7:13

somewhere tropical and I know like in my

7:16

son goes skiing with his father every

7:18

year for spring break so it's a totally

7:19

different totally different vibe and a

7:21

lot of people you know they

7:22

've been skiing it feels either or it's

7:25

not like I'm gonna go to Europe it's

7:26

either you're gonna go somewhere really

7:27

hot or you're gonna go you know ski

7:30

um and so he started you know kind of

7:32

gathering

7:33

um the stuff up for the ski trip and

7:35

it's a different you know it's different

7:36

but it's still the planning of the

7:38

outfits you know what am I gonna wear

7:39

making sure those layers were there you

7:41

know and how hot is it gonna get when

7:43

I'm skiing you know how many layers do I

7:44

really need

7:46

um and making sure that you know that

7:48

you have a transition outfit in the

7:50

evening and then even even you do hot

7:52

tub if you go skiing I mean I do totally

7:55

um but yeah I mean any trip it's that

7:57

planning

7:58

um that really make can make or break

8:01

you because you want to get there you

8:02

don't want to be overwhelmed you want to

8:04

be on vacation you want to be on

8:05

vacation right absolutely and if you're

8:07

going to go shopping too you can ship

8:09

stuff home so a lot of times you know

8:11

you might forget that piece of it you're

8:14

out shopping ship at home that's a

8:16

really good point it's like I you know

8:18

I've done that on one trip to San

8:19

Francisco well when I we go to San

8:21

Francisco usually during Thanksgiving

8:23

and I yeah

8:25

just mail it to me mostly because I

8:27

didn't want anyone to see how much I was

8:29

buying you know I was like this girl you

8:31

know because I was like I was like just

8:33

you know my address send it to me but um

8:36

but yeah that's a great point now what

8:39

do you do as far as like packing things

8:40

that are maybe a little like a clutch

8:43

that's more expensive you know like if

8:45

you have a product class or with your

8:47

your evening wear might be or jewelry

8:49

you know just the basement what do you

8:51

do about that so I do that as my

8:52

carry-on bags that's so great

8:54

I put my special pieces in there because

8:57

I I want to make sure they're not going

8:59

to get lost first and foremost

9:01

um but I also add and my daughter was

9:04

talking about this um a swimsuit in my

9:06

carry-on because once you get to your

9:09

Resort you know maybe your room's not

9:11

ready or you want to like hurry up and

9:12

get to the pool or have a drink outside

9:15

add that to your um carry-on and you're

9:18

ready to go without dealing with your

9:20

that's crazy because you don't know when

9:22

things are going to be ready you don't

9:24

you think and you think they have a room

9:25

available immediately and if you're like
9:27
me I like to get there as soon as
9:28
possible unlike on that earliest flight
9:30
you know and then you're like I'm here
9:32
okay it's 11. you know experience I was
9:36
at the airport at four you know like
9:37
let's go
9:39
um so yeah and then if the room's not
9:40
ready and also
9:42
and I don't want to say this out loud
9:43
but sometimes your luggage is a little
9:45
late and I've had that happen before it
9:47
happened when we went to Europe it was
9:49
you know and luckily we had packed uh
9:53
one outfit change which you know I
9:56
wasn't even gonna do because I was like
9:57
I will buy everything when I get there
9:58
you know but we had it and yeah it took
10:01
two days to get our luggage you know
10:03
it was it people are getting these um

10:05

you know these air tags so this is not a

10:08

new thing talk about that a little bit

10:10

because I I haven't had them yet but I

10:12

want to get them but I um

10:14

I know that people are doing it I think

10:16

it's a great idea if you want to track

10:18

your stuff and you know do that and I

10:20

know also

10:21

um

10:22

just because I've been on cruises you

10:24

know sometimes like you had said

10:25

something about like a service where

10:27

they can actually like do laundry do

10:29

your laundry I know on cruises it's

10:30

always like that or they want to press

10:32

your shirt away or something like what

10:33

can we do for you and you know you think

10:36

well I didn't even know that was an

10:37

option you know some of these Resorts

10:39

offer that service I thought it was a
10:40
nice thing to you know think about ahead
10:42
of time that you know I could pack a
10:45
little less because I know my stuff is
10:47
going to get laundered
10:48
um I usually don't think like that but
10:52
look okay plan all my days out but yes
10:54
it is it is a nice feature if if your
10:56
Resort or your your company your your
10:58
place offers that so now how do you pack
11:01
your like are you a person that has
11:04
specific like uh travel I guess bags
11:08
that you pack within your suit like a
11:09
suitcase within a suitcase with a
11:11
suitcase I love the packable cubes
11:13
they're okay super easy there you can
11:16
find them very inexpensive mini sites
11:18
um they and you can pull the cube out
11:20
and take it to the beach or you know
11:23
when you're done with them I do my you

11:25

know my dirty like all the stuff all the

11:26

makeup so I think it's a great way to

11:28

pack it saves a lot of space a lot of

11:30

time yes and um you know it's it's easy

11:34

and then I also pack a lot of

11:36

things in my beach totes

11:39

yeah so I'll roll stuff in there pack

11:41

them in there and then put them in my

11:42

suitcase so again that saves space on

11:44

your suitcases so you had said something

11:46

about a hat magnet like at some point or

11:49

like how to pack your hat how to pack

11:51

your hats I know that was a real when I

11:53

was in Cabo that was a real struggle for

11:54

like I was like I want to pack these two

11:56

hats but like I don't want them to get

11:57

damaged so you know I always be like

11:59

well carry one you know the one that I

12:02

really didn't want to get damaged I

12:03

carried but you know there is a way to

12:05

to pack your hats there is a correct way

12:07

to pack so I packed I turned them upside

12:10

down and then I stuffed them with my

12:11

soft pieces maybe like my workout stuff

12:13

you know undies swimsuits whatever

12:16

pack them full stuff them full and then

12:19

um you know you can fit multiple ones in

12:21

your suitcase depending on your luggage

12:22

or they've got these tags you just kind

12:24

of clip onto your totes

12:26

and it it protects them in the airport

12:29

so you can either wear them clip them on

12:31

or pack them you know stuff the the Hat

12:34

part in your luggage that's really easy

12:37

yeah I really like that it's a good

12:39

thing because who wants to ruin hats who

12:40

wants to buy extra hats you already have

12:42

them right do you bring well I mean what

12:45

I love is a really nice beach bag and I

12:47

have invested in you know that's one of

12:49

my investment like I really wanted a

12:52

nice one we bring it you know we have

12:53

our little initials love that my mom has

12:57

hers I have mine because she's usually

12:58

my my beach date

13:00

um or my son you know he's with me

13:03

um we have a T2 for him but but you know

13:06

what do you suggest for totes like do

13:09

you say buy one when you get there or

13:11

invest in one or just well I think I

13:16

think either really well I love the

13:18

initials because no one's going to steal

13:20

your tote on the beach but right I think

13:22

if you've got a few narrow down that you

13:24

really know that you want go ahead and

13:26

scoop them up you know now because maybe

13:28

at the resort or where you're at isn't

13:30

going to have

13:31

you know your selection maybe you're not

13:33

going to leave the resort you know

13:35

typically for us we we don't leave the

13:37

resource when we're down there we don't

13:38

go on shopping days

13:40

um which is great and fine because if

13:42

you have the kids and they are all you

13:43

know doing what they got to do but

13:45

you know at the resort you're going to

13:47

get ones that say you know the name of

13:49

the hotel or something what not so if

13:51

you don't want that then I suggest

13:53

bringing it because it's just one extra

13:55

piece you're putting your luggage or

13:56

carry on so yeah that's true because

13:59

sometimes I'll just bring that as my

14:01

carry-on oh yeah like I'm just like how

14:03

can I you know put a purse within a

14:04

purse is it like you got two bags here

14:06

I'm like no I know you're not seeing it

14:08

right you know we're shoving it all

14:09

right because and that's what I'm doing

14:11

you know with all the jewelry that I

14:12

have because yeah and that's my thing

14:14

too is like thinking well you know I

14:15

probably need to pack this jewelry and

14:17

stuff and I probably need to do this

14:18

just because you like to have you know

14:20

that little pop of silver or gold or

14:22

rose gold when you have that black dress

14:24

on right when that you're wearing to

14:26

dinner I mean you're getting all dressed

14:28

up for and I know like spring break is

14:30

is

14:31

everybody's looking forward to it right

14:33

everybody wants to just want some sun or

14:36

just to get out and walk around be among

14:38

people connect with their families it's

14:40

just a really important you know time I

14:43

think people really look forward to it I
14:44
mean look you're already packing and
14:45
it's I'm already packing yeah two weeks
14:47
you know but who cares right because
14:49
that's that's what you have to look
14:50
forward to and not and that's you're
14:52
gonna
14:53
it'll be done you can pack for another
14:55
trip too I mean yes you know like let's
14:57
go to New York well I think it's a good
15:00
reset you know you hit the button reset
15:02
go enjoy the weather
15:04
you know the kids are off school so
15:07
why not I I agree with you you can get
15:10
away I I highly recommend it do it good
15:12
for the soul it is it is
15:14
and you know as we leave you today to go
15:16
take on your vacations and do your thing
15:19
in this world uh we hope that in some
15:22
way uh we've opened you up to some new

15:24

ideas I know the Apple tags are all new

15:25

for me a lot of different things that

15:27

you had mentioned with packing and what

15:29

to pack

15:30

um has me thinking has me rethinking The

15:32

Minis I gotta do that like why am I not

15:35

doing that but you know encourage you to

15:37

call your friends and you know add a

15:39

little bit more happiness into your day

15:40

and you know again

15:43

a reminder if you need help right now

15:46

with your spring break stuff because you

15:47

probably do or maybe you want to closet

15:49

refresh please check check out Tara

15:52

coughlinstiling.com and she can help you

15:55

I mean just to even put your bag

15:57

together she can show you I think it's a

15:59

it's it helps it helps to know and we

16:02

have fun we have fun I agree and so next

16:05

week you're gonna love this we're gonna

16:07

do a jeans edit okay and oh yeah you

16:10

will wear hats next week with the jeans

16:12

it's going to be like we could do like a

16:13

little cowboy you know I don't know if

16:16

it'll be Cowboy look but mine might be

16:17

more cowboy and yours will be just like

16:19

boho chic right

16:21

so we're gonna talk about jean styles

16:24

Cuts new brands our favorite Brands um

16:27

and you know where to buy and more so

16:29

join us for fashion talk life as you

16:31

know what are hilarious commentating I

16:33

know you crack each other up and as we

16:35

leave you today remember we are all one

16:38

and we all have a story and we're all

16:40

just looking to connect have a great

16:42

week we'll talk to you next week see you

16:44

soon