

Style & Beauty (My travel essentials)

Trendy and comfortable: My Perfect Plane outfit

Tips for flying that will leave you looking effortlessly chic no matter what is your destination.

Air travel takes a lot out a person. There's all the lines, the luggage, the cranky passengers—and that's before getting on the plane! It can be difficult to keep up appearances when we travel and most of us end up throwing in the towel. But why settle for looking less than our best when it doesn't have to be that way? Get tips from two experienced travelers who spill the beans on how to fly and look fabulous in and outside of the plane.

It's all about layering

"No matter where I'm flying, layers are key," says Ona Abelis, a freelance writer and frequent traveler. "I'm a fan of bringing cardigans onto flights since they don't take up too much room in my big purse. They are also good for layering if it's too hot or too cold on the plane." Wearing layers is especially important if you are transitioning from cold weather to hot tropics or vice versa. When switching climates, peeling off or putting on layers will ensure your body is prepared for whatever temp the thermostat reads.

Dress for security check points

Airport security check points are a real pain in the butt. First you've got to take off your shoes, next up is the belt. By the time you make it through the screening process you're a hot sweaty mess. To avoid such nastiness, Ona advises women to keep their flying attire simple. "I like whisking through airports so I try to keep the jewelry to a minimum. I usually wear tiny earrings and a necklace that I can take off quickly. I also avoid shoes with laces that can't be taken off easily at security check points or on the plane." Another great tip--ditch the belt and stick to shoes that can make the transition for any weather situation. A boot which works well with wool pants in winter can easily be paired up with a skirt, transforming your outfit into a chic springtime look. Any item that does double duty will be one less thing to pack and worry about.

Stay Hydrated

Beth Monda, V.P. of marketing for the clothing brand BCBG, says her job keeps her constantly on the move. Since she flies a lot, she believes hydration is the key to looking fresh after a flight. "I drink lots of water and apply a thicker moisturizer the day I'm flying so my skin doesn't feel tight." The air on a plane is notoriously dry and our bodies can get dehydrated pretty quickly without us even knowing it. So next time you find yourself flying remember to drink more water than you think you need and throw a small tube of cream in your purse to replenish tired dry skin.

Pack light and carry-on

"I prefer to travel light and be nimble than drag a ton of heavy stuff around," says Beth, who always opts for carry-on luggage when traveling. "I want to get to the airport as late as possible and get out of the airport as quickly as possible!" A carry-on suitcase not only shaves off minutes waiting at the baggage claim, but it guarantees your luggage won't end up at a different destination. Beth also says she brings along a tote bag big enough to haul all of her personal items, a laptop, and a few gossipy magazines to read on the plane.

So the next time you are get ready to fly somewhere don't stress out. Keeping your outfits simple, packing light and selecting attire that can transition for different climates, are terrific ways to keep you looking effortlessly fresh no matter how long you've been on that plane or what's the destination.

