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## 5 Tips to Wardrobe Shopping

By Barbara Myers

### 5 Tips to Wardrobe Shopping by Barbara Myers

Shopping can be a pleasure or a chore. However you look at it, use these five tips to be an effective and organized shopper.

1. Dress well. In order to spend less and buy wisely, dress up in comfortable clothes. It's the same concept as going to the grocery store on a full stomach.
2. Shop with a plan. Know exactly what you need and how much you can spend. Write it down. Create a budget.
3. Keep an ongoing list of needs in your closet. As you dress each morning, make notes of specific items you need to complete outfits such as a wider, brown belt or a white tee with a v-neck.
4. Before you make a purchase ask yourself, "Does this match my wardrobe in terms of color, style and price?  
Is this on my needs list? How versatile is this item? How many ways can I wear it?"
5. Shop first at high-end mass merchants, outlet malls, and off-price stores for basics such as tees, shirts and pants. You'll then have more money for seasonal updates such as jackets or accessories.

Barbara Myers is a professional organizer and author of "Manage Your Wardrobe System." Enjoy a free tips booklet and e-zine to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

## Seven Tips for Organized Holiday Travel

By Myers

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Traveling for the holidays? Here are seven tips for organized packing and traveling.

1. Check the weather forecast at your destination. Build your travel wardrobe around one basic color (black, navy or brown) to expand wardrobe options and limit luggage.
2. Use mini toiletry items to save space. Fill them only three-quarters full. Place in freezer bags to avoid leakage.
3. Use plastic dry cleaner bags around clothing to reduce wrinkles.
4. Pack these separately: camera, jewelry, keys, money and jewelry. Make them accessible if you're traveling by car.
5. Pack snacks and bottled water for yourself and the kids. Fill a cooler if you're on the road.
6. Stock up on entertainment. Music, books and toys are life-savers if you are stuck in traffic or on a delayed flight.
7. Pack an extra bag for items you buy or receive on your trip. This especially applies during the holidays.

Myers is a professional organizer, speaker and author. FREE "50 Ways to Manage Your Time" tips booklet. Visit <http://www.ineedmoretime.com>



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