



Six Packs to Go

*What to stuff
in your suitcase
the next time you
head out of town*

BY KRISTEN CHANLEY

YOUR EMPTY SUITCASE is like your empty stomach: With all that space to fill, you'll be tempted to pack in all sorts of junk. Next step: dangerous bulges. On the following pages you'll find suggestions on what to pack for six different two- or three-day trips, along with handy reminder cards you can carry in your wallet long after you've placed this issue of *Men's Health* in your safe-deposit box with all the others. (We've included underwear for the first trip only. We figure you'll remember it after that.) Have a good time, and bring us back something better than a dead trout.



THE WEEKEND WEDDING

Clockwise from upper left: jacket by Canali; footwear by Cole-Haan; footwear by Brooks Brothers; sweater by Ermenegildo Zegna, with trousers by Boss Hugo Boss; belt from Greg Norman Collection; sweater by Paul Stuart, with trousers by Ermenegildo Zegna; duffel bag and toiletry kit by Brooks Brothers; sweaters by Tommy Hilfiger Blue Label; belt by Ermenegildo Zegna; shirt and trousers by Boss Hugo Boss. In garment bag, from top: sport coat by Salvatore Ferragamo, shirt and tie by Calvin Klein; suit, shirt, and tie by Ralph Lauren Purple Label; socks by Kenneth Cole; underwear by Calvin Klein; underwear by Kenneth Cole. Garment bag by Seeger. >>

THE FLY-FISHING TRIP

Clockwise from upper left: rod, case, and waders by Orvis; Fly-Fisher's Gift Set from L.L. Bean; forceps by Orvis; knife by Swiss Army; jacket and reel by Orvis; shorts by Ex Officio; boots by L.L. Bean (for use with stocking-foot waders); bag by C.C. Filson; jeans by Wrangler; hat by Ex Officio; fleece pants by Woolrich; shirt by Ex Officio; toiletry kit by C.C. Filson; wet/dry bag by Orvis; vest by Woolrich; fly-fishing vest by L.L. Bean with shirt by Woolrich; socks, liners, sunglasses, and fishing guide from L.L. Bean.





THE GOLF TRIP

Clockwise from upper left: glove by Titleist; watch by Raymond Weil; shirt by Lacoste; golf balls and hat by Titleist; shoes by FootJoy; shirt by Polo Golf/Ralph Lauren; shirt by Alfred Dunhill; shirt by Burberry Golf Collection; sweater vest by Polo Golf/Ralph Lauren; belt by FootJoy; shorts by Greg Norman Collection; sweater by Boss Hugo Boss Golf; wind/rain shell by Nike; shoes by Rockport; trousers by Boss Hugo Boss Golf; jacket by Bobby Jones; shirt by Lacoste; socks by FootJoy. Center: bag by Calvin Klein. Right of bag: belt by Bobby Jones; rain sweater by Burberry Golf Collection. Above bag: shirt by J. Lindeberg; trousers by Ashworth. >>



THE HIKING TRIP

Clockwise from top center: sleeping bag by Marmot; footwear by Teva; socks by SmartWool; socks by Wigwam; socks by Patagonia; socks by Thorlo; boots by Timberland; shorts by The North Face; shorts by Duckhead; glasses and watch by Swiss Army; vest by The North Face; thermos by Eddie Bauer; backpack by Dana Design; jacket by RLX Polo Sport; pants by Patagonia; flashlight from TravelSmith; Off! bug repellent by S.C. Johnson & Family; pants and shirts by Patagonia.

THE BUSINESS TRIP

Clockwise from upper left: suit by Dolce & Gabbana; shirt by Hathaway; tie by Calvin Klein; socks and belt by Kenneth Cole; shoes by Salvatore Ferragamo; suit, shirt, and tie by Canali; laptop case by Bally; clock by Alfred Dunhill; glasses by Lunor; watch by Rolex; computer by Sony; jacket by London Fog; organizer and pen by Montblanc; deodorant by Extreme Polo Sport Ralph Lauren; toiletry kit by Seeger; shaving cream by Lab Series for Men; razor by Gillette; hair gel by Paul Mitchell; hair and body shampoo by Phytomen; tie case by Seeger; left tie by Ermenegildo Zegna; middle tie by Hickey-Freeman; right tie by Giorgio Armani Le Collezioni. Center: garment bag by Tumi; left shirt by Dolce & Gabbana; right shirt by Calvin Klein. >>





THE BEACH WEEKEND

Clockwise from upper left: shirt by Ermenegildo Zegna; bag by Eddie Bauer; shirt by Chaps Ralph Lauren; pants by Op Sport; flip-flops by Teva; sweater by Timberland; shirt by Izod; shirt by Wilke-Rodriguez; sunglasses by Ray-Ban; swimsuit by Greg Norman Collection; shirt by Kenneth Cole; pants by Calvin Klein; after-sun gel by Solarcaine; sunscreen by Coppertone; hat by Chaps Ralph Lauren. Center, clockwise from footwear: shoes by Joseph Abboud; shorts by Nautica Competition; jacket by Tommy Hilfiger; blue bathing suit by Nautica; red bathing suit by Op; green bathing suit by Tommy Hilfiger. ♦

The Beach Weekend

ESSENTIALS

- 2 or 3 bathing suits
- T-shirts
- Casual pants for evening (such as drawstring pants)
- Sport pants for after-beach lounging
- Shorts
- 2 button-down shirts
- Sweater
- Windbreaker or pullover

- Flip-flops
- Slip-on shoes for evening
- Sunscreen (at least 30 SPF)
- Sunglasses (with 100 percent UV protection)

- Beach hat
- A good book; we recommend anything by P.G. Wodehouse or S.J. Perelman.

WHAT TO PACK THEM IN

- Large duffel bag



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The Weekend Wedding

ESSENTIALS

- Three-piece suit (the most formal suit style short of a tuxedo)
- Sport coat (a dark, versatile color for the rehearsal dinner or brunch)
- Dressy shirt (French cuffs) for the wedding
- Cuff links
- Button-down shirt

- Sweater (cashmere or linen blend)
- 2 pairs of pants (should match the sport coat)
- 3 ties

- Casual jacket (neutral color)
- Dress shoes
- Casual shoes
- Belts to match shoes

WHAT TO PACK THEM IN

- Garment bag
- Duffel bag



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The Golf Trip

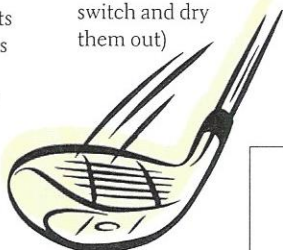
ESSENTIALS

- 3 polo shirts
- Sweater vest
- Long-sleeve sweater
- 5 pairs of golf socks
- 2 pairs of shorts
- 2 pairs of pants
- Sport coat
- 2 casual shirts for dinner
- Casual shoes or loafers
- Golf shoes
- Baseball cap

- Golf rain/wind jacket
- 2 extra golf gloves (when they get sweaty, they're useless; you need to switch and dry them out)

WHAT TO PACK THEM IN

- Sophisticated duffel bag (can also be used to shuttle clothes and equipment to and from the locker room)



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The Business Trip

ESSENTIALS

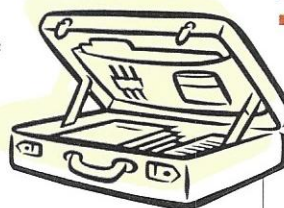
- 2 suits, preferably dark for versatility (wear a conservative suit; pack a striped power suit)
- 3 dress shirts (wear 1, pack 2)
- 3 or 4 ties (be prepared for spills and accidents)
- 4 pairs of dark socks

- Raincoat (light-weight micro-fiber packs easily)
- Dress shoes to match suits (wear while traveling)

- Dark belt to match shoes

WHAT TO PACK THEM IN

- Durable garment bag with compartments
- Tie case
- Toiletry case



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The Fly-Fishing Trip

ESSENTIALS

- Fly-fishing boots
- Waders
- Short Gore-Tex jacket
- Fleece pants to wear beneath waders
- Fleece vest
- Button-down shirt with Velcro pockets
- Fly-fishing vest
- Jeans

- Shorts (to wear beneath waders on warm days)
- Hat
- 3 pairs wicking socks (to wear

- beneath wool socks)
- 3 pairs wool socks

WHAT TO PACK THEM IN

- Rugged canvas duffel bag



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The Hiking Trip

ESSENTIALS

- Hiking boots
- Flip-flops or sandals for lounging
- Long pants
- 2 pairs of walking shorts with big pockets
- Synthetic fleece vest
- Nylon shell
- Capilene pants and shirt (base

- layer should be a synthetic that traps heat and wicks away moisture)
- 4 pairs of hiking socks

- Bug repellent

WHAT TO PACK THEM IN

- Large fitted backpack with lashing points and lots of pockets for easy organization



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Tips for a Weekend Wedding

- If you own a tuxedo and are thinking of wearing it, do not do so unless the invitation reads “black tie.” If it’s not black tie, wear a three-piece suit—it’s the most formal look short of a tuxedo.
- Roll up each tie and stick it in a shoe to keep it wrinkle-free.
- If your shirts aren’t professionally folded, here’s the best way to do it: Button all the buttons and lay the shirt out, shirtfront down. Fold the sleeves back from the shoulder seam. To prevent the shirt from creasing across your stomach, fold the tail up from the bottom buttons.
- Face the soles of your shoes outward against the edges of the bag, so that the uppers won’t be mashed. Stuff your underwear into shoes that aren’t already holding your ties; this will help preserve the shape of the shoes.
- If you’re traveling by air, avoid lugging gift boxes. Give cash (always appropriate, unless it’s a Rockefeller wedding), or ship the boxes beforehand.

Tips for a Beach Weekend

- Wrap your dressier clothing around something soft (a beach towel, for instance) to avoid wrinkles. Wrap other clothes in layers around the core towel.
- Don’t pack your belts in the belt loops of the pants, since both the belt and the loops will change shape when stuff is packed on top of them. Instead, roll your belts up and put them in your shoes.
- Take extra towels. You always need more than you expect.
- If you’re bringing running shoes, store them in two 1-gallon zip-top freezer bags so you don’t stink up the whole duffel bag.
- Pack a corkscrew. If it’s a rental place, you can’t count on the owners to have one lying around.
- Be prepared for damp, sandy clothing on the trip home. Bring plastic bags. Also, store all your goop (sunscreen, toothpaste, shampoo, gels) in plastic bags.

Tips for a Business Trip

- Clothing wrinkles when it’s packed loosely. Choose a bag that’s small enough to keep stuff from moving around.
- When flying, put toiletries in plastic bags and pack them in a carry-on bag. This guards against leaks caused by pressure changes and turbulence and will make life easier if the airline loses your luggage.
- Save dry-cleaning bags and put one over each item in your hanging bag. This lets clothes slide against each other instead of bunching up and wrinkling.
- Ask dry cleaners to box shirts instead of hanging them. (Take them out of the box before packing.) A professionally folded shirt is easier to touch up with an iron or travel steamer than one on a hanger.
- If you’re driving, hang your bag from the side hooks, or lay it flat in the backseat or trunk.

Tips for a Golf Trip

- If you don’t have a shoe bag, put your golf shoes in an old pillowcase before you pack them.
- Knits, such as golf shirts and sweaters, travel better when rolled.
- Khakis travel best when folded. To fold pants, make sure the pockets are empty. Place the pants flat on the bottom of the duffel bag, with the waistband in the middle of the bag and the legs hanging over the edge. Pack other stuff on top of the pants, then wrap the legs over the pile of stuff you’ve built.
- Pack extra socks. Your feet will take a pounding over the weekend, and your socks may get wet.
- Any shirt you pack should have a collar. Even the dressiest T-shirt or other collarless shirt is unacceptable at most country clubs.
- Make sure your golf cleats have soft (nonmetal) spikes, since many clubs have banned metal spikes in an effort to preserve their greens.
- Don’t forget sunscreen. You’ll be in the sun all day.

Tips for a Hiking Trip

- Pack layers for easy addition or removal during the hike.
- Roll synthetic T-shirts and fleece; this saves room in your backpack and allows easy access without displacing everything in the bag.
- Pack socks and undergarments in plastic. Put them in the center of your pack in case water seeps into the bag.
- Pack matches in a waterproof container. (Fire is your friend.) Make sure you have a compass, too.
- Take a basic first-aid kit, which should include loperamide (an antidiarrheal medicine), triple-antibiotic ointment, strip bandages, sterile gauze bandages and adhesive tape, a small bottle of rubbing alcohol, antihistamine tablets, scissors, and a penknife.
- If you’re having trouble fitting everything in your backpack, try taking your sleeping bag out of its stuff sack before packing it. This will make it easier to fill in the space around the bag with other items.

Tips for a Fly-Fishing Trip

- Pack waders in a wet/dry bag inside your duffel.
- Try not to part with your rod case when flying. Mark it with your name, destination, and phone number in case you forget it in the overhead compartment.
- Also, if you’re flying, pack your knife in luggage you’re going to check. You may think of yourself as a master angler, but airport security will see a hijacker in a funny hat.
- Bring along plastic supermarket bags to hold wet stuff on your return trip.
- Always keep these things in the back pocket of your fishing vest:
 1. Lightweight wool gloves or mittens. Those streams are cold.
 2. A lightweight rain jacket.
 3. Mosquito netting to wear over your head.