

SUITCASE *Essentials*

PACKING YOUR ENTIRE BATHROOM CABINET AND GROOMING ROUTINE INTO ONE WASH BAG CAN BE TRICKY.

THANKFULLY, BESTFIT'S SARAH COOK CASTS AN EXPERT EYE OVER THE TRAVEL MUST-HAVES

If you're preparing for a low-budget or long-haul flight for business or pleasure, we're here to help you reduce the stress associated with squeezing your grooming products into your suitcase.

You see, regardless of whether you're jetsetting for an important meeting or heading off to sunnier climes on holiday, you won't go far wrong if you remember the three m's: mini, multi-purpose and mandatory. It's likely you're only escaping for a weekend, two weeks tops, so consider the fact that you only need the essentials. This way you'll leave space for another work shirt or an extra pair of espadrilles.



A trip to your local Boots or Superdrug will help you find an array of travel minis, from shower gels and deodorants to insect repellents and hair wax. However, be cautious and don't get carried away, as often these individual products can cost just a few pence less than the full-size versions.

It's likely you won't need shower gel, as most hotels will provide this, so tick that off your list for starters. If you're keen to keep up a shave routine whilst you're away, then we've spotted a four-piece kit from The Body Shop. Face wash, shave cream, razor relief and face protector, in 50ml tubes, cover all your facial essentials.

Keep your barnet looking tip-top too with a mini pot of hair wax from Fish. These teeny pots of product are perfect to slip in your pocket for a quick fix as you step off the plane.

Miniatures are great space savers and perfect for carry-on luggage, but there are a couple of multi-purpose products that will see your skin right. Pick up the Pro LS All-In-One face treatment from Lab Series. It's packed with four essential benefits: soothing, moisturising, repairing and mattifying. When you're on a long-haul flight it can feel like the moisture is being sucked from your skin and you start to feel like a human pork scratching. Smooth on some of this as you prepare for landing to revive those dehydrated chops.

Long-haul travel can actually be quite an endurance test on your skin, with cabin pressure and conditioned air putting it through its paces. Remember to soothe and restore all of your skin with a good splodge of body moisturiser. Try the spanking-new body lotion from Bulldog, formulated just for blokes. A little tip for you if you have a fridge in your hotel room, whack the lotion in there and it'll be super-soothing when you're ready to use it – perfect if you wound up somewhere sunny and are feeling a little pink!

Top of the list for the mandatory essentials, the obligatory odds and sods has to be sun cream, right? If you're travelling more for business than pleasure, then UV protection won't be your top priority – but still best not to overlook. We've made an easy selection for you, this SPF 30 from Nivea's new Protect & Refresh range – a Cooling Mist that is light and does exactly what it says on the tin.

Next, you'll need a good sweat-busting deodorant. If your schedule is tight and you'll be stepping off the plane straight into a business meeting, then you want to stay fresh and fragrant. Dove Men+Care have compressed many of their aerosol deodorants into handy 75ml cans and they're just what you need to sling in your hand luggage. Try the Silver Control antiperspirant for advanced moisture and odour protection.

Next is a product you may not immediately think to take, but have you ever woken up in the night with chewed ankles? If you've had a nice evening meal with the missus, or perhaps entertaining a client, you might not have realised you've simultaneously been a meal for something else. It's always advisable to pack some insect repellent, but clarify what you need before you go. If you just have a short rendezvous in a standard hot European destination, then something like Jungle Formula's medium protection should cut it. However, if your business takes you long haul be sure to grab something suitable for Malaria risk areas.

If you want one signature scent to see you through your trip, then pick up the brand new whiff from the Lacoste L.12.12 collection. Inspired by the brand's tennis heritage, it's a woody and floral limited edition fragrance for your wash bag. Alternatively, from the same line of L.12.12 scents you can also get a whole range of 30ml minis if you want a day and an evening odour.

Last but not least, remember if you only have carry-on luggage, avoid dead weight by restricting your bottles and lotions to 100ml – you don't want to lose that thirty quid face cream at the security checks. Finally, don't forget your toothbrush...

BESTFIT ESSENTIALS



FISH HAIR PRODUCT 'MINIS'
£2.99, Boots nationwide



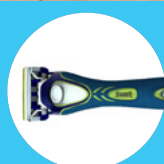
THE BODY SHOP MINI SKINCARE KIT
£14, www.thebodyshop.co.uk



LAB SERIES BB CREAM 50ml
£35, www.labseries.co.uk



BULLDOG ORIGINAL BODY LOTION 200ML
£4.49, at Sainsbury's nationwide



WILKINSON SWORD HYDRO 5 GROOMER
£14.99, at Boots nationwide



LACOSTE L.12.12 'NEON' SPECIAL EDITION 100ml
£47, Boots nationwide



LACOSTE L.12.12 30ml MINIS
£29, www.debenhams.com



JUNGLE FORMULA MEDIUM 125ml
£8.15, www.feelunique.com



NIVEA PROTECT & REPLENISH COOLING MIST 200ml
£16, Boots nationwide



DOVE MEN + CARE SILVER CONTROL SPRAY 75ml
£2.79, www.boots.com