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Destination

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Queen of Retreats

...antidotes to our world

Best women's travel pieces

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Pleats Please by Issey Miyake dress

There are lots of vintage items for sale on Ebay. You could even do yoga in it at a pinch – although their pleated trousers are better for that. £205 from www.pleatspleaseshop.com.

The trousers

Columbia silver ridge converting pants are trousers that turn into shorts that turn back into trousers. Great for days that are chilly then hot – or when you're hormonal and can't make up your mind what to wear. They convert into shorts with a quick zip and even block out the majority of the sun's harmful rays. Healthy or what? Then you may also need a pair of waterproof overtrousers – otherwise known as Berghaus Deluge Pants. No these aren't for incontinence, but rather for when you get caught in rainfall when you're on a hillside. They fit over your trousers and are excellent: think good waterproofing, breathable, light and with side zips. £54.99 and £49.99 respectively from www.snowandrock.com

The coat

An anorak with detachable fleece – what could be more genius than that? Berghaus Women's Alaska Gemini III three in one jacket has a waterproof Goretex outer shell, and a classic fleece jacket which combine to make a super functional winter coat. £250 from www.snowandrock.com.

What to pop into your 23 kilo baggage allowance for an adventurous healthy holiday? Mosquito net? Tent poles? Rescue Remedy? A dog-eared copy of *A Short Walk in the Hindu Kush*? Well possibly, but some of this gear too – it's what worked for *Caroline Phillips* on her healthy holiday to Costa Rica.

The dress

If there's one travel must-have, it's a scrunchy, roll-up, easily portable dress that works for day and evening. A polyester dress that squishes into a ball, doesn't crease and can be worn anytime, anywhere. Pleats Please by Issey Miyake do this scoop neck pleated dress but there are lots of



Columbia silver ridge converting pants

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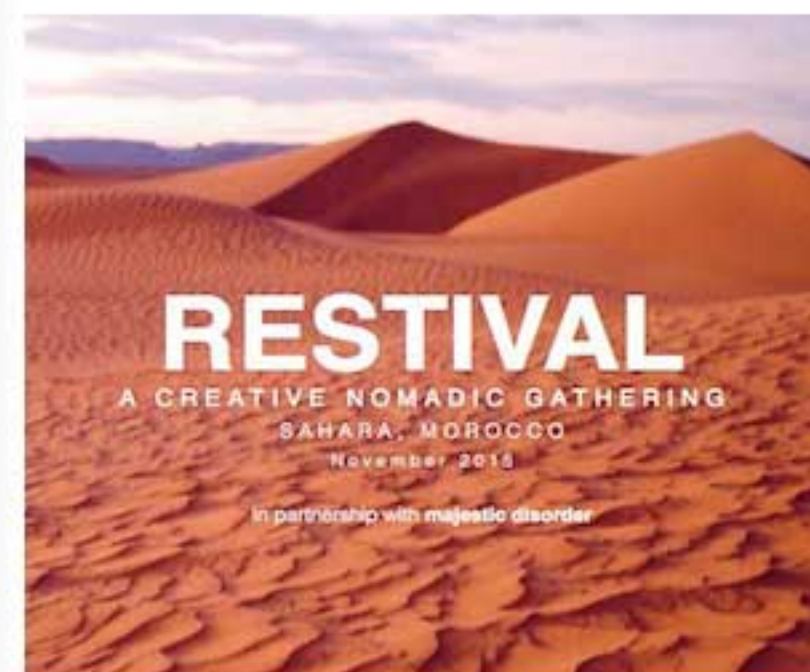


QUOTE UNQUOTE

'Do not be afraid of the empty place. It is the source we must return to if we are to be free of the stories and habits that entrap us'
Charles Eisenstein



Detox Yoga Wellness





**KEEN footwear – go on, you know
you need to**

never mind, just buy a pair. £79.99
from www.keenfootwear.com.

The accessory

You will no doubt need a world travel
adaptor, and Tumi make the best one. It
comes in a ballistic case and provides
four different plug configurations and
works in 150 countries.
£50 from uk.tumi.com.

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The shoes

Waterproof shoes for walking in rivers,
kayaking, beach walking. KEEN
footwear looks ugly – think orthopaedic
granny shoes – but you can wear them
for river paths and trails. They provide
brilliant traction, have a compression
moulded midsole, metatological EVA
footbed, multi direction lug pattern...oh



**The Tumi adaptor – a lot more
glamorous than a Boots travel plug**



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