

# The Stylish

Whether you're travelling to conferences, lecturing, or just going on a plain and simple holiday, having some key timeless pieces will always put you in good stead to be a stylish traveller. The smart casual look I'll discuss here is versatile for business or pleasure.

## Luggage

If you're on a weekend trip away or transiting for a weeklong haul, having a smart holdall (Fig. 1) will never go amiss. Apart from losing everything inside, it generally can be fit to carry all essentials from travel documents to a spare set of undergarments.

Alternatively, if it is a short-haul flight and all you need is your laptop, then having a smooth-sleek briefcase-type luggage (Fig. 2) can be the perfect travel companion.



Fig 1: Coach holdall



Fig 2: Ben Sherman briefcase

## The attire

I personally love travelling smart yet comfortable, but variations of travel attire are reflected by nature of trip and time away. Single-day visits to Hamburg can often be a single-outfit scenarios, with a loosened tie and unbuttoned shirt on the return trip.

## Tailoring

If it's a business trip and you're likely to be suited, having a blazer to travel with always smartens one up. That slightly sharper look (Fig. 3) may lead to the occasional travel upgrade. (Failing this, you may get a compliment from check-in staff, which is usually enough to suffice.)

A shirt or rollneck? This is a good question. Often on the more casual occasions, I will be happy to have smart rollneck on; however, this may get too warm on the plane at times. For a smarter look, a crisp white shirt will always look strong.

Having a tie or not is up to you. However, a stripe or club tie can set off the look quite nicely without becoming too formal. But you can add a waistcoat for an extra formal styling touch, should you want to.



Fig. 3

# Traveller

by Shiraz Khan



## Comfortable trousers

This will be the lifesaver, particularly for the longer flights. Having a pair of beige or grey chinos can always set off the top half very nicely. These can be flat-front, more casual, or have a single pressed crease for a sharper look. If chinos do not really tickle your fancy, getting a part of smart but stretchy trousers (Fig. 4) can often work a charm. For warmer climates, linen will also work very well—but beware! They often tend to crease within a millisecond of pressure.

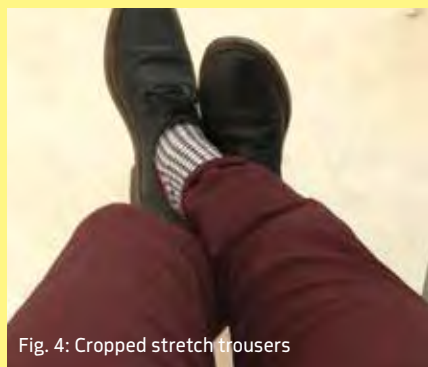


Fig. 4: Cropped stretch trousers

## Footwear

This is a part of the outfit to dress up or dress down, depending on the occasion. If it's a holiday or informal meeting, a pair of smart, clean, basic trainers can provide optimal comfort with style. I often prefer travelling with a pair of lace-up derbys or brogues; however, these offer little in the comfort category. A pair of loafers (Fig. 5) wouldn't go amiss. They are perfectly



Fig. 5: Hackett loafers

formal and casual whilst offering a strong sense of style. The truth is, they can be slipped on and off with ease and can be dressed up or down depending on whether you are shirt-and-tied up or on the more casual rollneck look.

## Remaining essentials (including the Dopp kit)

This has been a revolution for me. Often all my wires are tangled up, and it may even take an entire flight to sort out the cables. Getting a travel kit inspired by the eponymous grooming bag allows you to keep all your electronic bits tangle-free.

All of your travel documents, a smart wallet and business card holder, and any final bits of grooming are worth packing in to your trusty holdall. Note: If there are any fluids, make sure they fit in the clear bag; otherwise, it looks like you're leaving them at security. And you never know when you need a good pen. ...

I hope this has been a helpful insight into what to travel with to look good yet remain comfortable. And if you want to share your fashion secrets with us, why not join the Aesthetic Dental Lifestyle Facebook group? It's a lighthearted group for dental professionals to share their style, finds and exclusive sample sales. ■



Fig. 6: Dopp kit by Bear and Bear



Shiraz's travel essentials



aesthetic dental lifestyle