

The Perfect Trip Kit

In-flight essentials no traveler should leave home without.

IF I HAD A NICKEL FOR EVERY time I was asked how I keep my cool traveling, I'd be sitting in first class by now. My tried-and-true rules are simple. ■ **First**, no schlumpy sweats. Instead, I go with an easy-fitting sweater and pants. If I can't have legroom, at least I can have cashmere! (When I have a meeting straight off the plane, I upgrade to no-wrinkle stretch fabrics.) ■ **Slip-on shoes** save time at the security checkpoint. ■ **I dodge** the scary airline blankets by wearing a scarf. ■ **My snack**: protein-rich raw almonds (less dehydrating than the salty peanuts they dole out). The trick is to create your own system—and stick to it. Below, the best gear to get *you* off the ground.



Clockwise from top right:

LONG-SLEEVED TEES: They're excellent for layering; navy-and-white is always modern. \$30; jcrew.com. **COMFY SWEATER:** Zip one up when the A/C blasts. Tse, \$695; 800-487-3692. **CARGO PANTS:** They're loose enough for hours of sitting; the pockets come in handy. \$70; jcrew.com. **COOL SLIP-ONS:** Not having to unlace

and retie saves time and hassle. \$85; tretorn.com. **HERBAL RELAXER:** A fast-acting tension reliever—like nature's Xanax—will calm your nerves. \$30 for 250 tablets; formula303.com. **CHIC SCARF:** A huge, thin cashmere wrap works as a blanket. Urban Zen, \$1,295; 212-206-3999. **TRAVEL CANDLES:**

These erase the smell of a hotel room. Vie Luxe, \$40; saks.com. **MINI MASSAGER:** Everything aches during a long flight; this gadget gets the knots out and provides lumbar support. \$20; stressroller.com. **GOOD HEADPHONES:** Advanced noise-reduction technology lets me control my in-flight soundtrack—music, movie, or

silence. \$300; bose.com. **FOLDABLE TOTE:** This one is indestructible. Stash it in your suitcase, then use it as an extra carry-on. \$35 with monogram; llbean.com. **PAGE-TURNER:** No more lugging multiple books and newspapers. The latest Kindle downloads wirelessly, works internationally. \$259; amazon.com. Cover and light,

M-Edge, \$55 and \$25; medge store.com. **ESSENTIAL OILS:** These put me right out. Dr. Sharon Am I Dreaming Kit, \$48; drsharoninc.com. **DOPP KIT:** This sturdy one doesn't leak like a regular plastic bag. \$12; flight001.com. **IDEAL WHEELIE:** My suitcase is light and easy to spot, with external pockets for easy access. \$495; tumi.com.