

TRAVEL

ISTANBUL A TURKISH DELIGHT

City has abundance of history **G6**



TREATS FOR TRAVELLERS

Writers offer
gift ideas **G4**

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SECTION G



PUTTING TRAVEL UNDER THE TREE

Postmedia News asked the most frequent flyers we know — travel writers — what they never leave without

ARRIVE REVIVED

Ping-ponging across the oceans may sound glamorous, but as every traveller knows, it plays havoc with your sleep. My new discovery this year is Arrive Revived, a jet lag and travel mist created by local wellness gurus Saje. A few sprays of lavender, eucalyptus and lemon to the face (closing your eyes, of course), a deep breath — and you're good to keep to going while fighting off fatigue, all without having to trek to your nearest spa. And it comes in a perfect 50-millilitre carry-on size to boot.

Lucy Hyssop

TRAVELPRO MAXLITE 4 CARRY-ON

Travelling light starts with the ideal carry-on bag, and you don't want it to weigh you down before you load it up. The Travelpro Maxlite 4 carry-on weighs less than 2.6 kilograms, but it's tough enough to keep you rolling smoothly. Inside, two compartments and lots of pockets and straps will keep you organized, and the bag is expandable if you get carried away shopping. Canadian prices are \$154 to \$196, depending on whether you choose two or four wheels.

Joanne Blain

NECK PILLOW

Despite the reassuring appearance of pillow menus and pillow concierges that have started to show up at high-end hotels, pillows continue to be the bane of

most travellers, whether at a hostel or luxury accommodations. Having understood early on that if my neck is not happy, I am not happy, I started to pack a small lightweight tootsie-roll shaped pillow — it's really the first thing I grab when packing — that compresses into a corner of my suitcase. It is a life saver and also acts as a cushion for fragile items that I may be packing.

Patricia Schultz

LONS SHOES

On a long flight, comfort is key, but style is always welcome. You can have both with Skye Footwear's spiffy slip-on sneakers — my favourite are the low-cut Lons style — made of super stretchy and breathable fabric, bungee-cord-like straps and cushiony soles. They look great and they're made by a Vancouver-based company, so you can feel good about shopping local. The unisex kicks are priced between \$119 and \$160.

Joanne Blain

DUFFEL BAG

Your entire long weekend, including dressing up (no ironing required) fits into a stylish duffel bag by Swiss Gear Getaway Collection. It's a built-in garment bag that zips into a duffel bag, with enough room for a toiletries bag, sandals and sneakers, sunglasses and sunscreen. It even has a tablet pocket. The Swiss are so organized. The rollaway is priced at \$71.20.

Jane Mundy

THANK-YOU NOTES

Tips for hotel staff are never mandatory but always appreciated, especially when slipped into a thank-you note when they can feel twice as special (I've also found that when the envelope bears the recipient's name, it is less likely to innocently get hijacked if left at the front desk after the fact — many times I just don't have the right size bill on me). Hotel employees who extend themselves, sometimes to the point of being clairvoyant, deserve to be recognized. I remember one rainy night in Istanbul when the doorman disappeared in the middle of a fruitless search for a taxi. He returned minutes later, drenched, after having found the only available cab in the neighbourhood — and lent me his umbrella for the night as well. I handed him a personalized note the next morning thanking him for going the extra mile. He later said that no one had ever done that before. That evening he left me a small box of Turkish delight made by his mother.

Patricia Schultz

ARC'TERYX HOODIE

I pack my Atom LT hoodie for fair or inclement weather. With

its stretchy side panels, you don't look like the Michelin Man, but it has discreet pockets. Bonus: It's lightweight and soft enough to scrunch up and use as a pillow on the plane. The Vancouver-based company also sells its men's and women's collections online, and has a factory store in North Vancouver. This hoodie is \$300.

Jane Mundy

PASHMINA

The one thing I never travel without is a soft cashmere wrap such as a pashmina, or a large scarf. I always have one in my carry-on bag. I use it primarily to wrap myself up on the plane to stave off the inevitable chilliness of the cabin. Once there, it immediately dresses up any outfit, from evening attire to a pair of jeans. It also doubles as a scarf on colder days, a head scarf when visiting mosques or churches and, rolled up, it makes a plush pillow to use on a train.

Vanessa Pinniger

CLOTHESLINE

Not every hotel room comes equipped with a clothesline, and Flexo-Line's travel clothesline doubles as a flexible band to stretch your legs — elastic band stretching

is used in workouts — and is mandatory after a long flight. It costs \$17 at Travel Smarts stores, or you can shop online.

Jane Mundy

POCKET PHRASE BOOK

What do I never leave without? It's a classic: Lonely Planet's pocket phrase book guides. Studying the language before I go enriches my experience. Being able to say muraho (hello) in Rwanda and rutukama (goodbye) in the Peruvian Andes will help you connect with locals, and that's always the goal. Buy them online at shop.lonelyplanet.com/phrasebooks or check out the app at lonelyplanet.com/guides.

Elaine O'Connor

LUGGAGE COVER

Chances are, you have a black suitcase. Adding a bright orange handle or neon pompom helps, but to really stand out on the carousel and to ensure your bag doesn't have added scuffs and scratches, cloak it in a Two Red Tuques Luggage Cover. About 20 colours and designs offered, from far-out clouds to cutesy cat images. They cost \$40 at Travel Smarts.

Jane Mundy