

# AG

Sophie Goodwin asks ten of London's most frequent flyers what they won't leave home without...

Elle Macpherson  
Intimates Sheer Ribbons  
bra, £21 (020 7478 0280).  
The Body Perfect Travel  
Collection, £9.95  
(www.boots.com)

Collins map, £6.99,  
at Stanfords (www.  
stanfords.co.uk)



## JOHN SIMPSON Broadcaster

- Wear a jacket and long trousers while you're away. The British abroad are the ugliest dressers in the world – cargo pants, shell suits, baseball caps. Distance yourself from them and you'll get better treatment and more upgrades.
- Go to Stanfords in Covent Garden and get a map of the area you're visiting. It turns you into a traveller, not a tourist.
- Be prepared for unexpected temperature swings: pack a pair of silk long johns, which take up no room. In equatorial Africa recently, everyone was shivering in unseasonable cold. Not me.
- Don't take one big book and finish it early. Publishers offer pocket-size editions of good reads. I've got seven and together they're not as big as a doorstep paperback.
- Buy a small radio and listen to the BBC World Service. It's nice to forget the world when you're on holiday, but it's better to know about tsunamis or revolutions.

## ELLE MACPHERSON Lingerie mogul

- I don't eat on planes but I drink plenty of water. I take homeopathic travel drops before and after the flight to prevent jet lag.
- Wear comfortable clothes. I travel in Azzedine Alaïa leggings, a Donna Karan cashmere jumper, my 'No War' T-shirt and lovely lingerie.
- Take your own cashmere blanket and a Holistic Silk eye mask.
- My luggage is always weighed down with books, so I bring my Perfect Travel Collection of cosmetics. The bottles are small and light and comply with the restrictions for liquids on flights.
- Book a session at the Luzmon Lifestyle Clinic, 45 Phillimore Walk, W8, for when you return. It stimulates circulation, drains excess fluid and detoxifies you (www.luzmon.com).
- I support eco-conscious travel whenever I can.

Holistic Silk eye  
mask, £32.50  
(020 8965 0075)

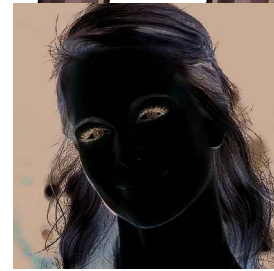
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JOHN SIMPSON

Great Journeys series,  
£5 each (www.penguin.  
co.uk). Bush TR82  
DAB digital radio,  
£59.95, at John Lewis  
(0845 604 9049)



Philosophy  
Kiss Me lip  
balms, £9  
each (0870  
990 8452)



## POPPY DELEVINGNE Model

- If you're going somewhere hot, get your eyelashes tinted at Pulkra Salon on Hollywood Road. A good manicure and pedicure is also vital.
- Be comfortable. I travel in cashmere hooded jumpers from Degrees of Freedom.
- Decant your favourite products into small bottles for your hand luggage. I love Rosemary & Lavender Skin Tonic from Jo Malone to rehydrate my skin and Philosophy Kiss Me lip balm.
- Take an eye mask and a pair of cashmere socks, especially for long-haul flights. Coco Ribbon does lovely ones.
- Get a good travel wallet. I never go anywhere without one. It keeps me organised.



Anya Hindmarch  
patent travel  
wallet, £195  
(020 7493 1628).  
Jo Malone  
Rosemary &  
Lavender Skin  
Tonic, £26  
(020 7720 0202)