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TOP PICKS FOR Travellers

Must-haves for those bitten by the travel bug and suffering from incurable wanderlust **BY SHERI RADFORD**

- 1 Name any country in the world, and chances are Jayne Seagrave has travelled there, alone. The Vancouver resident has turned a lifetime of solo globetrotting into the eminently practical *Time to Take Flight: The Savvy Woman's Guide to Safe Solo Travel* (TouchWood Editions). Aimed at female travellers over 40, this no-nonsense book covers planning, packing, health, safety and dining alone, with detailed recommendations on 23 cities, including Vancouver, Whistler, New York, London and Paris. At local bookstores (page 28).
- 2 Packing space is always at a premium, which makes the Victoria Sarong from Roots (page 33) the ideal addition to any travel wardrobe. Available in two cute designs—a Canada flag or postcard—this versatile cotton garment does triple duty as a sarong, scarf or wrap, plus it's large enough to use as a lightweight blanket on a plane.
- 3 The perfect companion for any trip is travel versions of beloved skincare products. Dr Roebuck's Precious Pack contains airline-friendly sizes of the company's most popular all-natural creations: Pure, a hypoallergenic moisturizer for problem skin; Face, an anti-aging facial moisturizer; Polish, a two-in-one mask and exfoliating scrub; and Lips, a lip balm with SPF 15. At Shoppers Drug Mart (page 42).
- 4 Recirculated air on planes can wreak havoc on the skin. That's why the 3-Step Programming Kit: Brightening & Soothing from The Face Shop (page 41) is so essential. The peeling swab removes dead skin cells, then the soothing serum calms and reinvigorates the skin, and finally the moisturizing mask leaves the complexion looking bright and dewy, all in under 30 minutes—a professional-quality treatment with a \$5 price tag.



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5 Hyleys Sleep Tea can help jetlagged travellers get their 40 winks. This all-natural tea—with chamomile flower, valerian root, rosemary leaves, lavender blossom, peppermint leaves and lemon balm leaves—guides weary wanderers to the Land of Nod. Drinking it at bedtime helps to reduce anxiety and fight restlessness, resulting in improved shut-eye and extra Z's. At Real Canadian Superstore (page 31).

6 Tedious travel time can often be improved with a tippie or two. The Carry On Cocktail Kit contains *almost* everything necessary to mix up a duo of delicious cocktails while high in the sky. All that's missing from the perfect Old Fashioned, Moscow Mule or Gin & Tonic is the liquor, which a flight attendant (or hotel minibar) can supply. At Kiss and Makeup (page 41).

7 Jetsetting gents turn to Jack Black's Jet Set Traveler for all their shaving

needs. The compact kit contains travel sizes of cleanser, moisturizer and lathering cream, all free from parabens, sulfates, colorants and synthetic fragrance. At Nordstrom (page 31) and Hudson's Bay (page 29).

8 When words fail, Lonely Planet's *Just Point* comes to the rescue. Designed for travellers in any country speaking any language, this ingenious set of cards includes hundreds of icons for food, accommodation, transportation, weather, sightseeing, emergencies and more. At local bookstores (page 28).

9 It's easy to locate a passport, even at the bottom of a purse or briefcase, when it's tucked inside a colourful case from Indigo (page 28), and brightly hued luggage tags make suitcase-spotting easy.

10 Avid cyclists adore the Pannier Backpack Convertible from Two Wheel



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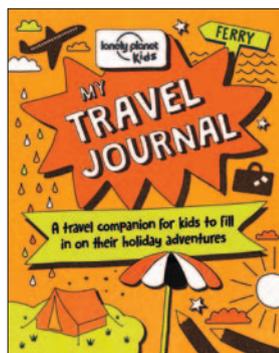
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11 Gear. The Vancouver company merges function with fashion in a waterproof bag that converts from a bike pannier to a technical backpack in mere seconds. Outer pockets are designed to hold water bottles and a U-lock, while padded inner pockets can protect sunglasses and a laptop. At MEC (page 39).

11 Whether vacationing in Vancouver or Vienna, Toronto or Timbuktu, there's no escaping laundry. The Around the World travel bag set from Kikkerland contains one laundry bag, two shoe bags and one personal-items bag, ideal for keeping dirty items separate. At Book'mark (page 34) and Welk's General Store (page 36).

12 Travellers, whether backpackers or guests at five-star hotels, all love Tilley. The self-proclaimed "world's best hat" keeps out sun and rain and stays on in windy weather, thanks to the under-the-chin cord. It even floats. And if this made-in-Canada chapeau ever wears out, shrinks or

mildews, it's replaced for free. At Tilley Endurables (page 39).

13 Holistically inclined jetsetters stay healthy while on vacation with The Travel Safe Kit, which uses aromatherapy to fight jetlag, an upset stomach and other travel ailments. The kit contains Safe Hands sanitizing lotion, Eater's Digest roll-on, Restoral healing skin ointment, and Arrive Revived mist and roll-on. At Saje Natural Wellness (page 41).

14 Frequent flyers can combat chronic dehydration by carrying a S'well water bottle and sipping from it often. It keeps a drink cold for 24 hours or hot for 12—and looks stylish at the same time. At Kiss and Makeup (page 41).

15 Pint-sized explorers can keep track of their round-the-world adventures in *My Travel Journal*. This bright journal from Lonely Planet Kids has tons of space for writing and drawing, with writing prompts, list ideas and more. At local bookstores (page 28). **w**