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New Holiday Travel Essentials for Gals on the Go

All the gear you need for low-stress travel this season.

BY LISA DELANEY | POSTED NOVEMBER 19, 2013



Thinkstock

Heading off to visit (or escape from?) family this season? These new discoveries will help you keep up your healthy habits while you're on the road.

The Bag (part 1): Moving Comfort Hit-the-Road Carryall

This super-cute quilted bag looks so high-end that even my somewhat snobbish younger sister will, I know, covet it (if she's nice, I may order one for her!). This may be a hard-working workout bag, with plenty of pockets for water bottles, bars, and other essentials plus room enough inside to stow a yoga mat, but it easily doubles as a carryon or weekender. I love the fuschia lining and rich-looking nylon exterior (both easy to clean). \$125



The Bag (part 2): Osprey Ozone Convertible Wheeled Pack

I gave one of the first iterations of these transformer-type suitcases a whirl on a 10-day trip to Spain years ago, with mixed results: I believe I still have divots in my lower back from the rigid frame of the thing. This durable Osprey pack, though, is a complete refinement of the original idea. The rolling, 22 in. pack weighs only just over 6 lbs. is roomy but small enough to conform to legal carryon standards. A zippered compartment in the back houses a full backpack harness with padded hip belt to save your spine when you're carrying a heavy load (and detaches when not in use). The front compartment zips off to form a handy daypack for light excursions, gym runs and tramping around town. Bonus: The kiwi green color is easy to spot at baggage claim! \$298.95

The Boots: Aetrex Essence Riding Boots

I know what you're thinking: Boots are too bulky to pack when you're dealing with fees for checked bags and lugging holiday gifts across the country. But these equestrian-style boots from the queens of comfort, Aetrex, are super-light, packable and so versatile that they'll be your go-to footwear for everything but your workouts. Soft, plush leather is accented by sweater-like panels that hug my ample runners' calves, and straps with buckles at the ankle and top of the shaft add fashionable details. Plus, you can achieve a perfect fit with the iStep technology, which uses a scan to determine your exact foot size, arch type, and the pressure points that are the key to comfort for your individual foot at dealers nationwide. Available in whole and half sizes from 5 to 11. \$200.



The Bar: Clif Bar Iced Gingerbread

The perfect snack for the health-minded holiday traveler? Try Clif Bar's homage to seasonal flavors. My favorite is the Iced Gingerbread, a spicy-sweet combo that primes your tastebuds for gingerbread men-making (but Pecan Pie and Peppermint Stick are yummy too!). At 250 calories, 9g of fat, and 4g of fiber, this will give you quick energy for sprinting to make your connection to Grandma's house. \$15 for 12

The Bad-Weather Wrap: RAINRAP

The eternal optimist, I'm typically in denial that there's even the slightest possibility that it wouldn't be completely clear and sunny wherever I'm traveling. Which is why I have an assortment of cheap umbrellas I've had to purchase on the fly on trips for both business and pleasure. But the RAINRAP will secure a spot in my carryon from now on: This sophisticated hooded cape (I LOVE a good hood) is completely water resistant, but more importantly, it comes with its own iPad-size pouch that's easy to stash, even in your purse. Plus, the flowy design works with tunics and TKs and provides some shelter for shoulder bags. It's reversible, too, to work with your wardrobe. \$60

