

A tropical beach scene with a rocky shore, palm trees, and a person standing in the shallow water. The background is a clear sky.

What to Pack & How to Wear it

7 Nights in Tropical Paradise
Port Douglas & Beyond

Sequins & Sand
Live Your Best Summer!

Hello...

You've booked that precious northern escape and you just can't wait. Now it's time to think about what to wear. Packing light and right, your aim.

The right pieces, hard working pieces that come together and transform for day and night. Pieces that have you looking your fabulous best without raising a sweat.

This little book of tricks will give you some ideas and practical tips on how to put looks together for 7 nights and 8 days away, without stressing and overloading your luggage.

A lean summer suitcase is a happy summer suitcase and a happy Holiday Girl. Enjoy! xx

• a & The Girls @Seguins and Sand

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Holiday Look Book Basics...

Things We Kept in Mind:

When putting this Holiday Look Book together, we kept in mind a few essential things to determine what to pack and where to 'pitch' the looks.

The Local Scene:

It's a relaxed vibe in our tropical north. It's what gives it its unique charm and makes it a great place for a break. That doesn't mean you need to dress right down, but it does mean that you need to dress with at least a splash of colour and in floaty, breathable fabrics that make you feel fabulous. Port Douglas and Palm Cove have that dash of chic to them so if you want to amp it up a little, go for it.

The Weather:

Mid year, the humidity is not as high and the nights are a bit 'cool' for the north. On average about 17 at night and 27 or so during the day. If you venture inland, then the temperatures will be a bit cooler so keep that in mind. The summer months are high in humidity and temperatures range from about 24 to 32 degrees. This is when the tropical north also receives its higher rainfall and cyclones.

Activities:

Most love to relax on the beach. Walking and cycling on 4 Mile beach is a fantastic thing to do. The beach is wide and the sand firm. Get on a boat and go diving, snorkeling or fishing. Prefer to kick back? Then yachting might be your speed. The hinterland and rainforest areas like Mossman Gorge, Atherton Tablelands and The Daintree are fabulous and an easy day out. Whatever you decide to do, make sure you give it some thought and pack those special items you might need to enjoy them.

The Itinerary...

Even if you don't stick to it, having an idea of what you'd like to do and when will help you pack with purpose and keep things tight and right.

Tip: *Hiring a car at the last minute in peak holiday times (like mid year school holidays) is difficult. It pays to book in advance. If you are hiring a car from the airport, keep it a few days longer and use those days to get out and about.*

Day 1 : Depart Home (Melbourne) early evening. Over night in Cairns.

Day 2: Breakfast (@ The Edge or Ozmosis, Cairns). Port Douglas for lunch. beach & Dinner 'in'

Day 3: Beach + Hinterland trip to Kuranda + Dinner 'out'

Day 4: Beach + Mossman Gorge in the mid afternoon + Dinner 'in'

Day 5: Beach + Dinner 'out'

Day 6: Beach + Dinner 'out'

Day 7: Beach + Dinner 'out'

Day 8: Beach + Depart Port Douglas for Home.

Holiday Look :: Day 1

Day 1 :: On the road and on the plane - Melbourne to Cairns

Leaving the chills of Melbourne but determined not to wear black! Arrive looking like you're embracing the tropical vibe, not like a Southerner. It's all in the layering. mixing summer pieces with classic jackets and leggings for warmth. Taking a cashmere wrap will give you added warmth and act as an onboard blanket or pillow for the kids.

Tip: Choose a hero piece and work your layers and suitcase palette around it. This coral maxi is the hero piece. Coral features often in our Holiday Looks and the layering pieces work well with it. Keep your accessories neutral and they'll go with anything.



In This Look:

- ✓ Bilgola [Julia Maxi](#) in coral
- ✓ Cotton Long Sleeve over
- ✓ Cotton Leggings under
- ✓ Summer Jacket
- ✓ Denim Jacket
- ✓ Neutral Wedges
- ✓ [Mar-y-Sol Carry-on](#) (day bag) with [cashmere wrap](#)

Holiday Look :: Day 2

Day 2 :: Breakfast in Cairns + on the road to Port Douglas + Dinner 'In'

An esplanade walk then out for breakfast in Edge Hill at The Edge or Ozmosis. Drive up to Port Douglas for lunch and to check-in. A bit of beach time in the afternoon.

Tip: It's about an hours drive from Cairns to Port Douglas. The road is windy and the view, amazing with a couple of lookouts to stop and take it in. But, if you have passengers prone to travel sickness, be prepared!



In This Look:

- ✓ Eb&lve Jersey [Kaftan](#)
- ✓ All For Kat [White Slip](#)
- ✓ Leather Sandals
- ✓ [Mar-y-Sol Carry-on](#) (day bag)
- ✓ Wooden Beads



In This Look:

- ✓ Capriosca Red [Tankini](#)
- ✓ Jersey Sarong
- ✓ Thongs (flip flops)
- ✓ [Mar-y-Sol Carry-on](#) (day bag)

Holiday Look :: Day 3

Day 3:: Kuranda (the hinterland) + Dinner Out @ Finz Port Douglas

It's about a 1.5hr drive to Kuranda, up on the Atherton Tablelands where the surrounds are lush and the temperatures a few degrees cooler. The Sky Rail and the range train are popular things to do.

***Tip:** Temperatures are cooler in the hinterland so take something to keep you warm if you plan on staying until later in the day, particularly if you are holidaying in the winter months.*



In This Look:

- ✓ Cover-up (shirt Dress)
- ✓ Khaki Tank Top
- ✓ Denim Shorts
- ✓ Canvass Shoes (Toms)
- ✓ Mar-y-Sol Carry-on
(day bag)



In This Look:

- ✓ Eb&lve Midnight Kaftan
- ✓ Denim Jacket
- ✓ Wedges
- ✓ Clutch
- ✓ Cocktail Ring & Cuff

Holiday Look :: Day 4

Day 4:: Beach + Mossman Gorge in the afternoon + Dinner 'In'

Mossman Gorge is a beautiful rainforest area about 20mins from Port Douglas. You can swim there in the natural waterholes. The indigenous guided tours are a must do. Learn all about the Kuku Yalanji people and their stunning 'back yard' .

***Tip:** Rainforests are gorgeous but they can be a haven for mossies and 'bities' so take a spray if you are prone to getting bitten. Like the hinterland, it will be a few degrees cooler than the coast, especially late in the day. Not such an issue in the summer months but could be in winter.*



In This Look:

- ✓ Eb&Ive Jersey [Kaftan](#)
- ✓ Capriosca [Vintage Stripe One Shoulder Onepiece](#)
- ✓ Thongs for the beach and Canvass shoes for the Gorge
- ✓ [Beach Bag](#)

Holiday Look :: Day 5

Day 5:: Beach + Dinner @ Bel Gibo Port Douglas

A relaxing beach day with a family meal out.

Tip: Wear the night before what you will then take to the beach the next day. It will give you an extra wear and help you to pack less.



In This Look:

- ✓ Jersey Sarong
- ✓ Capriosca
- ✓ [Vintage Stripe Onepiece](#)
- ✓ Thongs for the beach and Canvass shoes for the Gorge
- ✓ [Mar-y-Sol Beach Bag](#)
- ✓ Bondi Beach Bag Co Hat



In This Look:

- ✓ Kaftan
- ✓ Denim Jacket
- ✓ Wedges
- ✓ Clutch
- ✓ Cocktail ring

Holiday Look :: Day 6

Day 6:: Beach + Dinner @ Nautilus Port Douglas

A relaxing beach day with a rare romantic dinner out.



In This Look:

- ✓ Kaftan
- ✓ Burnt Orange Onepiece
- ✓ Thongs (flip flops)
- ✓ Mar-y-Sol [Beach Bag](#)
- ✓ Bondi Beach Bag Co Hat



In This Look:

- ✓ Bilgola [Julia Maxi](#)
- ✓ Summer Jacket
- ✓ Wedges
- ✓ Clutch
- ✓ Cocktail ring

Holiday Look :: Day 7

Day 7 :: Beach + Dinner @ Zinc Port Douglas

A relaxing beach day with a 'goodbye to Port Douglas' family dinner out followed by a must have ice-cream from Shakes.

Tip: Clothes made of quick drying fabric like silk, make for a slender summer suitcase. Rinse and hang out overnight, they're ready the next day. We've done that for this beach look. The blue kaftan was aired out from a few nights earlier and is ready to go again!



In This Look:

- ✓ Cover-Up (Shirt Dress)
- ✓ Burnt Orange Onepiece
- ✓ Thongs (flip flops)
- ✓ Mar-y-Sol [Beach Bag](#)
- ✓ Bondi Beach Bag Co Hat



In This Look:

- ✓ Eb&lve Midnight Kaftan
- ✓ Leather Sandals
- ✓ [Wooden Beads](#)
- ✓ Clutch
- ✓ Cuff

Holiday Look :: Day 8

Day 8 :: Beach + Home

A final beach session to soak up the warmth and memories, then home.

Tip: If you don't want to think about what to wear home, just wear what you wore up. Easy.



In This Look:

- ✓ Jersey Sarong
- ✓ Capriosca
- ✓ [Vintage Stripe Onepiece](#)
- ✓ Thongs for the beach and Canvass shoes for the Gorge
- ✓ Mar-y-Sol [Beach Bag](#)
- ✓ Bondi Beach Bag Co Hat



In This Look:

- ✓ Bilgola [Julia Maxi](#)
- ✓ Cotton Long Sleeve over
- ✓ Cotton Leggings under
- ✓ Summer Jacket
- ✓ Denim Jacket
- ✓ Neutral Wedges
- ✓ [Mar-y-Sol Carry-on](#) (day bag) with [cashmere wrap](#)

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Packing List

Hard Working Essentials - 6 core pieces for day and night

- ✓ 1x Maxi Dress
- ✓ 1x Sarong
- ✓ 3x Kaftans
- ✓ 1x Shirt Dress
- ✓ 1x Slip Dress
- ✓ 1x Tank Top
- ✓ 1x Denim Shorts
- ✓ 1x Denim Jacket
- ✓ 3x Swimsuits (you could get away with 2 but 3 makes it easier)
- ✓ 1x Clutch - packed with Cuffs, beads and rings
- ✓ 1x Carry On Bag
- ✓ 1x Beach Bag - foldable so that it can fit in the base of your suitcase
- ✓ 1x Hat
- ✓ 1x Pair of Thongs
- ✓ 1x Pair of Wedges
- ✓ 1x Pair of leather sandals (sandals or wedges; packing both are a 'treat')

Extras - these are optional. They're in our looks and list for extra warmth and comfort. If you are holidaying in the hotter summer months, they may not be needed.

- ✓ 1x Summer Jacket
- ✓ 1x Cashmere Wrap
- ✓ 1x Cotton Leggings
- ✓ 1x Cotton Long Sleeve
- ✓ 1x Sloppy Joe / Cotton pullover

About Us...

Thanks for reading our little book. It was lovingly put together by Anita and The Girls @ [Sequins and Sand](#), an online resortwear and swimwear boutique established in 2008, based in Australia and passionate about helping busy women get holiday ready in a snap.

[Swimwear](#), [Kaftans](#), [Summer Dresses](#), [Accessories](#), [Hats](#), [Bags](#) and more. Everything a woman needs for fabulous summer escape, with loads of [tips and useful information](#) on summer destinations, what to wear and how to look your best.

Selling Plus Size Swimwear and Clothing too, there is something for every body at www.SequinsAndSand.com.au

Proudly Australian, selling thoughtfully stylish Aussie labels owned and run by inspiring Aussie women.

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Written By: [Anita McLachlan](#), founder of Sequins and Sand. Connect with [Sequins and Sand on Google+](#).

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