

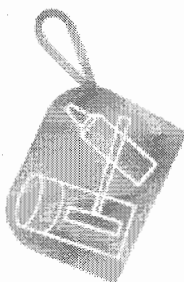


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Beauty in a Bag

by Debra Borchert



When adventuring, think combination-one container, one application, two jobs. I recently returned from a 5-week cycling trip in New Zealand, where I spent my days and nights not only on a bike, but in a cave, on a glacier, in town, and in fine restaurants. My beauty bag had to include products for a variety of adventures-but in a limited space.

A beauty product one should not be without is a waterproof (but not water resistant) sunscreen with an SPF of at least 15. For intense sun exposure at high altitudes, consider total blockage with SPF 30 and zinc oxide. Sunscreen should also contain insect repellent, depending on season and local characteristics (deep woods, sand or swamp). You can help flying and crawling creatures bug off by using fragrance-free moisturizers and deodorants. (Added tip: Insects are attracted to bright colors, so leave that fashionable fuschia at home.)

If you aren't on a "white-glove" adventure trip and find yourself pitching a tent near fresh water, bring along personal-cleansing products that wash both hair and body. If you color your hair, take along a combination shampoo and conditioner that also contains UV filters to reduce fading. Be kind to the earth and bring biodegradable products containing all natural ingredients. If you're sailing, look for a body just for salt-water bathing in case your sailboat runs out of fresh water.

For on-the-go glam, I begin with a three-in-one moisturizer with a hint of color and sunscreen. Color cosmetics travel in two compacts: one that contains foundation and concealer and another containing blush and eye shadow. Instead of pantyhose, I stash a tube of self-tanner containing UV protection, which also guarantees a healthy vacation glow in case the weather doesn't cooperate. When you think of beauty tools, a pocketknife probably doesn't come to mind; but think again, mine contains tweezers, a nail file and scissors. Now if it only had an eyelash curler, it would be perfect.

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