

Neena Gupta Shares Smart Travel Outfit Hack: Ditch the Track Pants

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On a recent outing, Neena Gupta revealed her go-to travel outfit, and it's smarter than the usual joggers and track pants. She opts instead for a **salwar kameez**, citing its comfort, ease of movement and timeless style. According to her, it ticks more boxes for travel than typical leisurewear.

She emphasised that the ankle-length trousers of the salwar offer freedom of movement — critical when navigating airports, boarding flights or getting in and out of vehicles.

The Smart-Style Triad: Mobility, Versatility & Function

Neena's advice can be distilled into three practical points:

1. **Mobility matters:** The fit of the salwar — ending at the ankle — avoids the drag or fuss of long hems and allows easy walking, sitting and adjusting luggage.
2. **Accessory turned utility:** The dupatta becomes a clever multi-tasker — it can act as a shawl in chilled cabins, a wrap for modesty if needed, or simply a folded scarf.
3. **Style meets practicality:** A salwar kameez can be paired with comfortable flats or even stylish sneakers without losing its aesthetic. The look remains polished, not purely "travel casual".

What This Means for Travel Fashion

Neena's tip suggests a shift from the traditional "loungewear = travel wear" mindset. Instead, she encourages picking outfits that mix comfort **and** polish.

For travellers, especially those who go straight from airport to meeting or dinner, the approach offers a seamless transition: attentive to movement and utility, yet camera-ready if needed.

Quick Takeaways If You Want to Try It

- Choose a salwar kameez in a breathable fabric (cotton-silk blend or lightweight linen), so you're comfortable in changing climates.
- Select a dupatta with moderate length and weight — it should drape easily when used as a shawl.
- Pair with slip-on loafers or sneakers for ease during airport/flight movement

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