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Q&A with Glenn Allen Sims

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## In Transit

TRAVEL NEWS, DEALS AND TIPS

### Q&A

#### GLENN ALLEN SIMS on packing lightly, but wisely.

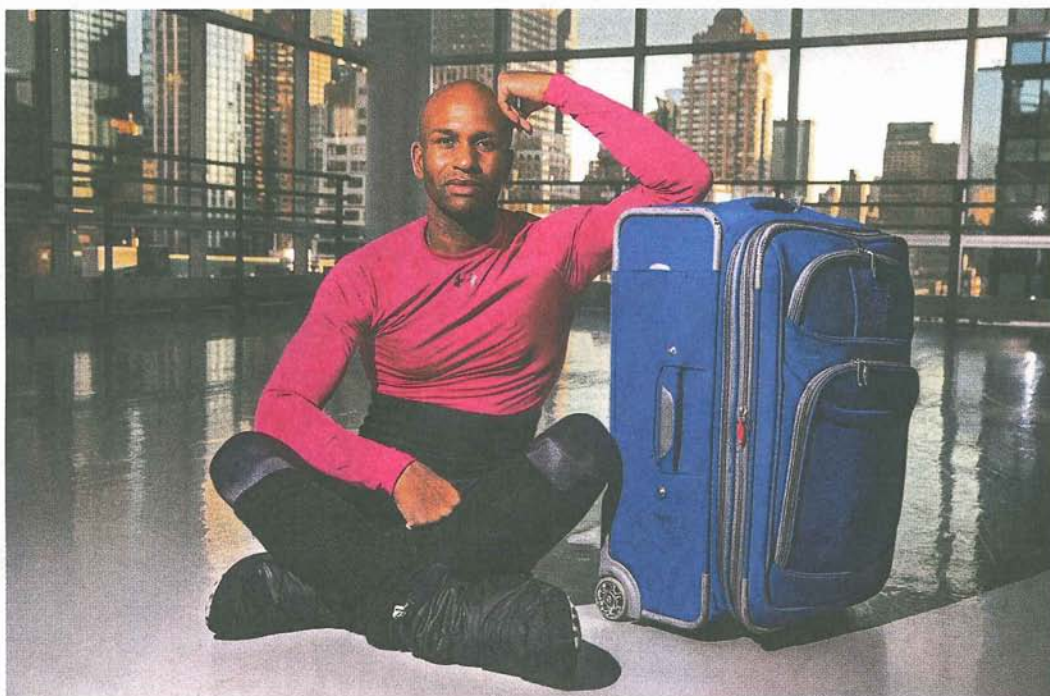
As a dancer who tours nine months a year with the Alvin Ailey American Dance Theater, Glenn Allen Sims has learned a thing or two about traveling. To maximize limited time in a city, he and his wife, Linda Celeste Sims, also a dancer with the company, rise early, getting in sightseeing before rehearsal that afternoon and eating dinner before their performance so they can turn in right after it.

When he joined the company 17 years ago, though, he followed a slightly different schedule: out all night and sleeping all day. "That's how I missed the Berlin Wall," he said with a laugh. "I was too busy clubbing, so when they had the trip, I slept through it."

Recently Mr. Sims shared some of the traveling wisdom he has accrued over the years. Following are edited excerpts. *EMILY BRENNAN*

#### Q. What do you pack for your tours?

A. I stick to a few basics, wardrobe wise, that I can work a variety of ways for a long period of time: a couple of pairs of jeans, long-sleeved henleys, T-shirts. I'm a huge fan of Save Khaki T-shirts. As for dress shirts, I love patterns, but they're not very versatile. On the road I wear a plain Thomas Pink white shirt, semi-cutaway collar, along with a navy suit. A navy suit because I can dress the blazer down with a pair of jeans. And then I bring a pair of loafers, usually my Church's. A loafer is casual, but it can be dressed up enough to where it is elegant.



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Glenn Allen Sims, who tours nine months a year with Alvin Ailey American Dance Theater, prefers everything compact and neat.

#### I assume you take workout clothing.

I'm a Dri-Fit fanatic, whether it's Under Armour or Nike. That material wicks away the sweat, so you're not soaked. You can wash that stuff in the hotel sink, with even the hotel shampoo, then hang it, and usually by the next day it's dry.

#### What luggage do you use?

My mighty big blue — that's what I call my Delsey trolley case. I like the medium-size one, because with the large and extra-large you feel you need to fill it up. I've also invested in the Eagle Creek packing bags. One bag is specifically for my T-shirts and dress shirts, another for my jeans and sweatpants, and a smaller one for my

underwear. Everything is compact and neat — I'm a neat freak — but I never leave anything behind because I've put everything in compartments. Also it helps me eliminate things. If it's too big or bulky to fit in one of the bags, then I shouldn't take it. Instead of a huge cable knit sweater, how about bringing a Lululemon jacket that's lightweight and layer up?

#### What about toiletries?

I'm a big product guy. Clinical-strength Degree deodorant, clean scent. Bond No. 9 cologne. Neutrogena moisturizer for combination skin, which is so amazing. A glycolic acid face wash from my aesthetician, Lia Schorr, here in New York. That helps regulate my skin, with all the traveling and make-

up. At night I do a vitamin-C serum on my face so I look — [pause, then in a Gloria Swanson-esque stage whisper] — ageless.

#### How do you manage to get your beauty sleep?

If we're traveling abroad, I make sure I exhaust myself the night before we travel, so when I get on the plane, and I start reading a book, I'm knocked out by the time we're flying. When we arrive, I go experience the city, and when I return to the hotel that night, if I don't do cardio in the fitness room — cardio really helps wear you out, even though you have just flown — then I take a hot bath. Then a nice glass of wine, if not a good whiskey or Scotch, then crash and wake up the next day.