

Going out...

Ready to leave the house? This kit'll keep you safe, cosy and entertained, all the way to the sales or nearest tavern

1/iPod Touch £270

An iPhone without the phone bits, this touchscreen-powered sex machine is the most desirable MP3 player ever. Thanks to Wi-Fi, it's also a web-walker and a portable iTunes Store for buying music in the middle of nowhere. www.apple.com/uk

2/Merrell Moab Mid Gore-Tex XC £60

Hikers made from waterproof leather, with a breathable upper mesh to alleviate sweat-related unpleasantness. A reinforced rubber toe and air-cushioned midsole make this the most comfortable shoe since the one that old woman lived in. www.merrell.com

3/Patagonia Catalyst £80

You need something tough to house all your new toys, and there's little tougher than the Catalyst. Carved from double-woven nylon, it has an easy-access front panel for grabbing kit. There's a whistle and a water pouch, to help you survive while the emergency services desperately scabble through the rubble to find you. Remember to have fun though, yeah? www.patagonia.com

4/Helly Hansen Granite Ins jacket £200

Unless Amy Winehouse or Pete Doherty are coming round for egg nog – mmm, egg nog – the chances of white powder this Christmas are low, but it can still get parky. Helly's insulated jacket features water-resistant zips, one-hand hood tweaking and sealed pockets aplenty, to keep gadgetry safe. It's fit for the slopes too, with a goggle-wipe and snowpass pocket. www.hellyhansen.com

5/Lightcap £30

Yep: a drinks flask that doubles up as a solar-powered lamp. It could save your life one day, or attract moths into your mouth. www.firebox.com

6/FlareSafe £50

Safety is the name of the game at T3 Towers when we're negotiating the ghetto that is Mayfair after dark. The Flaresafe's bright LED can be seen from 2km away, its distress alarm can be heard half a click away, and there's an optional smoke alarm too, in case you, err, catch fire. It's also waterproof. www.firebox.com

7/Sennheiser HD 415 £35

Boxing Day walks just got better, thanks to these hi-fi earmuffs. Great bass response, three metres of cable and a wide frequency range make them perfect for enjoying your latest Cannibal Corpse or Mastodon downloads. www.sennheiser.co.uk







Getting fit...

Guts swollen to Vegas-like proportions? Meet the high-tech antidote to lardiness

1/ Timex Ironman £80

Don't interrupt your frenzied abs-flattening regime to change tunes – use the Timex Ironman watch. A wireless adapter plugs into the bottom of your iPod, letting you control tunes via buttons on the dial. You can't view playlists, but it will save your precious 'pod from getting unhygienically sweaty. www.timex.com

2/ Body kit £various Puma trainers £95

If you've become a Christmas pie-inflated gut lord, Puma has all the kit you need to look stylish, even as your wobbly stomach ripples up and down on the running machine. The Magnetist trainer is lightweight and has loads of cushioning, making it ideal for keeping knees and ankles in one piece on the road. Bodywear kit keeps you warm and wicks moisture away from the skin, preventing irksome nipple-chafe. www.puma.com

3/ Wii Exercise £TBC

Nintendo's exercise-'em-up comes with a balance board that works out your Body Mass Index, then monitors your performance as you feel the burn from press-ups, yoga and the like. If that sounds a bit too strenuous, look like a right twanny hula-hooping or playing head tennis instead. Love it. www.nintendo.com

4/ Nike Jasari+ £65

You can pin the Nike+ iPod kit to any old shoe but why would you want to when Nike+ trainers look this tasty? The Air Zoom Jasari's are limited to 5,000 pairs and have a moulded sock liner for extra ankle support. A sieve-like mesh ensures breathability, while the iPod receiver nestles under the insole. www.nike.com

5/ Carl Lewis Fitness EMR777X recumbent exercise bike £280

Built to take a punishing, this is to exercise bikes what a very complicated thing is to a plank of two-by-four. A slick six workout programmes add variety to this otherwise potentially-monotonous pedalling-based pastime and it automatically measures your pulse via the handlebars. Trick. www.johnlewis.com

6/ Water Rower, Oxbridge £995

Blades Down! Firm Up! Give her Ten! Rowing's a jolly hoot but normally only if you either attend Oxbridge or live within striking distance of a pond. This hand-crafted indoor rower solves that, simulating the real deal with paddles that pull through genuine water. Shoulders, ready, up! www.johnlewis.com





Going away...

Leave it all behind and hit the open roads on the 25th. This kit'll make sure you don't get any more lost than you want to

1/ **Nokia 6110** £300

Mobile phone mapping that actually works, courtesy of Route 66's splendid software. The 6110 has reassuring voice commands and worldwide country maps can be downloaded for a tenner. It's a none-too-shoddy 3G phone, too. www.nokia.co.uk

2/ **Morgan Aero 8** £49,950

A family runaround this ain't. An unbridled joy-mobile it is. The Morgan Aero 8 looks just as good in winter as it does top-down in summer, and a 4.4 litre BMW V8 growls underneath the elongated hood, revving up to a copper-taunting 160mph. Future-tech flourishes are limited to air conditioning, cruise control and electrically-heated windows, but who needs comfort when you've got this much style? www.morgan-motor.co.uk

3/ **Blaupunkt Nashville DAB35** £350

Despite its name, this car stereo can play more than just country. Blasting out 4x 50w of raw tuneage, it lets you choose between crackle-free DAB radio, MP3 playback via memory card or even old-fashioned CD, if you're Edwardian. Whack an SD card in the front and you can even record radio direct from the head unit. www.blaupunkt.com/uk

4/ **Navman S90i** £299

Built to get you to Granny's and back in style, this has a 4.3-inch touchscreen and text-to-speech directions. A built-in traffic receiver provides updates on the nasty snarl-up at junction 12 caused by a crashed mince pie truck. www.navman.co.uk

5/ **Parrot MK6100** £160

Don't fancy the hassle of installing a new head unit in your motor? Slap this hands-free car kit on the dash instead. Via A2DP Bluetooth, it'll stream stereo music from your mobile or MP3 player. Noise reduction and echo cancellation ensure it doesn't all sound like a drowning town crier. www.parrot.biz/uk

6/ **Archos 605 Wi-Fi** From £150

Counting blue cars while steaming up the M1 on Boxing Day will keep the kids occupied for approximately 0.001 of a second, so chuck 'em one of these media boxes instead. They sport hard drives up to 160GB and awesome video, music and photo playback. Add a DVR Station dock (£60) and you can hook it up to the telly the day before and record the Queen's speech, for unlimited re-runs on the 26th. Gawd bless 'er. www.archos.com





Lovely booze...

D'yer know wha', mate? Thish ish the besh bluddy feature we've ever "resheared". Hic!

1/ Carlsberg Draughtmaster £130

Walnut-trimmed living-room bars are back in style, and this deserves pride of place on yours. Jack a recyclable, nine-pint keg (£14) into the rear and beer will stay fresh for three weeks, while fans keep the ale snowman-like. Textbook boozery.

2/ Marco Pierre White citrus juicer £45

Why would you squeeze a lemon when a machine can do it for you? This juicer, which has interchangeable cones for different sized fruits and is drip free, is just the thing for a quick hit of vitamin C, ensuring a scurvy-free Christmas. If it's good enough for MPW, it's good enough for us. www.russellhobbs.co.uk/marco

3/ Divertimenti wine cooler £799

Storing wine under the stairs just isn't good enough. If you really care about the balance, bâtonnage and body of your plonk, you simply must equip your abode with a decent cooler. The Divertimenti will set you back a few quid, but it can store more than 50 bottles of the good stuff – that's enough for anything up to two Christmases future. www.divertimenti.co.uk

4/ Cocktail Fountain £50

There are two ways to create a seething torrent of booze, and one of them involves projectile vomiting. The other method is to use this perspex tower. Bathed in light that changes colour as drink flows, it comes with a ladle to spoon your creation in to glasses, but you can just as easily catch delicious egg nog as it cascades down, glistening like tears in rain. www.iwoot.com

5/ Falcon black and chrome ice maker £1,399

Ice to see you, to see you, ice. Your guests may have loved your bird, and couldn't get enough of your stuffing, but it'll all go to pot if you can't furnish them with cold G&Ts to wash it down. Worry ye not: churning out 16kg of clear, tasteless ice every 24 hours, this black beauty can iceify not just your home, but the whole street, if necessary. Have an ice day. www.divertimenti.co.uk

6/ Can crusher £10

It's the morning after, and the gaff is piled high with empty cans. Neck an aspirin and clear your eco-conscience by compressing empties down to a fifth of their original size with this wall mountable crusher. Then crack open the breakfast of champions using its built-in bottle opener. www.iwoot.com

ART DIRECTION **STUART JAMES**
 PHOTOGRAPHER **RICHARD GRASSIE** @ JACKIE GIBBS
 STYLING **MICHELLE KELLY**
 HAIR **KENNA** @ ERA
 MAKEUP **WAI KAM** @ MICHAEL JOHN
 MODEL **RUTH CRILLY** @ MODELS 1
 DIGITAL ASSISTANT **LUKE NEWMAN**
 PHOTOGRAPHY ASSISTANT **JESS REFTEL**
 PRODUCT PHOTOGRAPH **PIXEL SEYES**
 IMAGE MANIPULATION **VIM** @ SOHO RETOUCH
 HORSE **SCOTTY** @ ANIMAL ACTORS