

FRANCE

CARRY-ON ONLY PACKING LIST

CLOTHING + ACCESSORIES

* Aim for maximum 20 items of clothing, give or take, to pack light (including shoes)

- Tops x ___
- Bottoms x ___
* In the cities skirts and long pants are preferable over shorts but these are fine for coastal areas.
- Dresses x ___
- Jacket/Jumper x 1
* a light cardigan even in summer for transport or cool nights. In colder months a warmer jacket and raincoat may be necessary.
- Undergarments (enough for 1 week)
* include a sports bra if you have an active trip planned
- Pyjamas x 1
- Swimmers x 1 or 2
* for the coastal areas or hotel pools
- Summer Accessories (hat, sunglasses)
- _____
- _____

SHOES

* Try not to pack more than 2 to 4 pairs of shoes if you want to pack light

- Joggers x 1
- Sandals x 1
- Thongs (Flip-Flops) x 1
* exchange these for boots or ballet flats in colder months and avoid packing at all if not going to coastal areas.
- Ballet flats x 1
- _____

TRAVEL DOCUMENTS

- Passport
- Debit/Credit Cards
- Small amount of local currency
- Flight Tickets
- Soft copy of other documents (including photocopies of important documents, travel insurance policy, accommodation bookings)
- _____
- _____

TOILETRIES + HEALTH

* Some of these toiletries you could also just buy when you arrive to pack light, especially at the pharmacies in France.

- Toothbrush/Toothpaste
- Deodorant
- Hairbrush/comb
- Hair ties
- Shampoo/Conditioner
- Other hair products
- Shaving Items
- First Aid Kit (bandaids, antiseptic, tweezers)
- Sunscreen
- Cleanser
- Moisturiser
- Makeup
- Prescription Medications/Glasses/Contacts
- Medication (Paracetamol, Ibuprofen, cold + flu tablets, Imodium, Probiotics)
- Simple first aid (bandaids, tweezers, Betadine/antiseptic)
- _____
- _____

ELECTRONICS

- Camera + memory card + charger
- Phone + charger
- Electronic Adaptor/Plug
- _____
- _____

IN YOUR HANDBAG/WITH YOU

- Light Scarf
- Mini Tissue Pack
- Flight/Compression Socks
- Passport Holder
- Headphones
- Pen + Paper
- Travel Documents
- _____
- _____