

Packing List for France & Switzerland

Traveling light but intelligently is the always best way to travel in France. You may have to carry your luggage upstairs or over cobblestone streets to your lodging. Xperitas recommends packing everything in a small to medium sized suitcase. **Pack a small backpack, purse, or messenger bag** in your suitcase or use it as your carry on.

CARRY IN A MONEY BELT OR NECK POUCH

- Passport (valid for at least 6 months)
- Small amount of cash (\$50-\$100)
- Credit or debit card
- Travel itinerary with addresses of your hotels and your host family
- Printed copy of your insurance card

BEST LEFT AT HOME

- Jewelry
- High-heeled or uncomfortable shoes
- Laptop, or other expensive technology
- Hair dryer/curler/straighteners

FOR YOUR CARRY-ON

- Camera or smart phone and charger, clock or watch
- Travel size hand sanitizer
- Travel pack tissue/Kleenex
- Disinfecting wipes
- Basic first aid kit
- French-language dictionary/other things to study on the plane
- Essential medicines (prescriptions in original bottles and carry generic names of all prescriptions) Toothbrush and toothpaste
- Deodorant
- Change of clothes
- Menstrual products (if applicable)
- Anything you would not want to do without in the rare event that your suitcase is delayed
- Reusable water bottle
- Journal or country handbook, and pens
- Toothbrush and toothpaste
- Glasses, contact case and solutions (if applicable)

What Goes In Your Suitcase

Check with your airline for specific luggage guidelines and applicable fees. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width and length) and weight ranges from 44-50 pounds. Fees vary by airline. In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller. Make sure you bring enough layers of clothing for different temperatures Roll clothes instead of folding – it saves space and helps with wrinkles. Pack electronics in your carry-on. Checked luggage gets tossed around, so don't pack anything fragile in there.

CLOTHING & ACCESSORIES

- 6-7 Changes of lightweight and breathable clothing for the summer months (May to September). Consider t-shirts, shorts, sundresses, and skirts. Warmer clothing for the winter months (November to February). Bring sweaters, long-sleeved shirts, and a medium-weight jacket. Clothes that can be mixed, matched and layered. Dress in layers to be prepared for extremes in weather. France can be chilly and rainy or sunny and warm.
- 2 Formal outfits; dress pants, dress shirt/collared shirt, skirt/dress and blouses for visiting schools, churches, etc.
- Rain gear – coat, hat, umbrella and/or poncho. Articles that dry quickly are ideal. Underwear and socks
- Pajamas
- Summer Travelers: Swimsuit, towel, sunglasses and a wide-brimmed hat
- Gloves and hat (if needed)
- 1 Pair of comfortable walking shoes or sneakers
- 1 Pair of sandals or flip-flops for summer travelers (we recommend sandals with covered toes, such as Keens)
- 1 Pair of comfortable shoes to hike in (old tennis shoes are great)
- Plastic bag for dirty clothes/shoes

TOILETRIES & PERSONAL CARE

- Shampoo & conditioner (in small containers)
- Contact solution, contact case & extra contacts (and your glasses)
- Razor & shaving cream
- Hair products, brush
- Lotion, soap
- Cosmetics
- High factor sunscreen and lip protector

OTHER

- Binoculars (if desired)
- Gift for your host family
- Photos of your family and friends/scrapbook
- Photocopy of your passport
- Non-perishable snacks to stave off hunger while sightseeing (granola bars, dried fruit, nuts, crackers)