



FRANCE ✨ PACKING LIST

OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

Fellow Travelers: Please refer to this handy packing list for the trip to France. Follow this list as closely as possible; it will ensure your comfort on the trip and allow us to travel efficiently as a group. Remember, this is not a trip of high fashion and multiple changes of clothes. We will spend some time getting dirty, and need to consider this when packing. **Once again, it is imperative that each person be able to carry his or her own luggage.** The airline limit is 50lbs, but we recommend you aim for 35-40 lbs maximum; remember, you'll want to save some space for souvenirs!

Remember to **TRAVEL LIGHT! You'll have to be able to carry everything yourself.**
We will do laundry about every seven days.

IDENTIFICATION AND MONEY:

Please bring a **VALID PASSPORT** and **TWO PHOTOCOPIES** of the passport page where your picture appears. **(PLEASE DON'T FORGET THE PHOTOCOPIES, THEY ARE VERY IMPORTANT!)**

At the suggestion of the U.S. State Department and all airlines, in addition to a **passport**, we are asking that all Global Works participants bring **a signed, notarized note from both legal parents or guardians giving permission for them to travel** as part of a Global Works trip. It is becoming a necessary standard for getting through customs and across borders. If you have booked your airline ticket thru Campbell Travel, you may have already received a form to complete via e-mail. If you booked on your own or have misplaced the form that Campbell Travel sent, we have enclosed another with this mailing. (You may also download one from our website.) **Once the form is completed and notarized, participants should keep it with their carry-on bag on opening day; the home office does NOT need a copy of the completed form.**

Spending money: To satisfy the craven desire for junk food and souvenirs. Most students spend between \$250 to \$300 during the trip...but certainly you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Travelers checks, ATM Debit/Credit cards, and cash work fine. **Keep in mind the Euro is strong against the US Dollar!**

A student ID (if you have one)

A money belt (or purse/pouch that crosses over your neck) to hold your money and travelers checks

EQUIPMENT AND CLOTHING

A Large Backpack, Rolling Duffel Bag or Suitcase w/wheels for all your gear. You should be able to carry ALL your gear, comfortably, without help, for a distance of at least a few blocks.

A daypack (like a school backpack) for use as an airline carry-on and/or as a day hike bag. This item is important because it will afford you the convenience of keeping valuables close.

Lightweight sleeping bag & stuff sack/compression bag

One bath towel and a washcloth

A pair of lightweight work/hiking boots/cross-trainers. Get them early so you have time to break them in. They will be used for some hikes, but mostly for working on projects—**Note: There's no need to get an expensive pair—things like paint can trash them!**

A pair of comfortable sneakers/city walking shoes. Teva-type shoes are also good for beach time

A lightweight, WATERPROOF, hooded raincoat that's suitable for hiking and working, and can double as a windbreaker.

Thin Pile or Light Fleece Jacket/Pullover

One or two long sleeve shirts

Six (6) T-shirts—three shirts for work & three shirts to wear when you're all cleaned up. ☺ Global Works will also be giving you a t-shirt.

Four (4) pairs of shorts. (2 for play that are comfortable enough for hiking, and 2 for work)

Three (3) pairs of long pants. One lightweight, quick drying pair for hiking, one warmer pair (jeans, cords, or khakis) for evenings, and one for work.



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EQUIPMENT AND CLOTHING (CON'T)

- One or two "nice, but not formal" outfits (you define)** in case we have the opportunity to go out for dinner/dancing or somewhere a bit less casual.
- One pair of lightweight pajamas**
- Underwear**
- Eight (8) pairs of socks**—a couple pairs should be wool for hiking and working
- Sun hat or baseball cap**
- 1 Qt./Liter Water Bottle.** Nalgene brand is good. No bike bottles, please.
- 1 bathing suit** (GENTLEMEN F.Y.I.: If the opportunity arises to go to a public swimming pool, you should know that most public pools in France (no joke) require a Speedo swimming suit if you want to go swimming - the type of swimsuits that are similar to shorts will not get you into the pool, however, at the beach, swimming shorts are fine.)

OPTIONAL EQUIPMENT AND CLOTHING

- Art Materials (water paints, markers, beads, etc.)**
- Power Bars/Harvest Bars**
- Travel games/ Cards**
- Reading Materials**
- An inflatable travel pillow for bus days**
- A camel back or Nalgene bottle as a water carrier**
- Pens/Pencils**
- Two CDs of your favorite mixed tunes for bus rides and dance exchanges.**
- Shower shoes/thongs**
- A sarong for beach days**

MISCELLANEOUS ITEMS TO PACK:

- A couple of small, inexpensive gifts for your host family and new French friends.** Because you will not know the members of your family until a few days into the trip, a good idea is to bring one gift for your "mom", one for your "dad", and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items, music, or picture books; and popular gifts with dads are team T-shirts, hats, music, personalized pens/pins/etc., novelty items (be creative!). We recommend an interactive gift for children, i.e. an activity that you can do with them like puzzles, card games (UNO, Crazy Eights, etc.), arts and crafts, Frisbees, hackysacks, magazines or books.
- Sunglasses & Spare Eyeglasses for Contact Wearers**
- One flashlight or headlamp** with extra batteries and bulbs
- PHOTOS FROM HOME** to share with your homestay family & trip participants. Photos and postcards of your family and hometown are a great way to 'break the ice' the first evening (and they don't take up a lot of room in your pack or duffel!)
- One bandana** --for various uses
- One pair of leather or canvas work gloves**—please label with your name
- Toiletries and a few Zip-lock bags** (Ladies, don't forget tampons/pads)
- Bug repellent & an "After-bite" type product, just in case a nasty bug gets through all that protection** (Cortaid works well)
- Prescriptions**
- Sunblock and Lip Protection - SPF 15 or higher**
- A small notebook and a pen** (We will provide a group journal)
- Small alarm clock or a watch with an alarm**
- A Calling Card** (these may also be bought in France)
- A pocket English-French dictionary**
- The Global Works Contact Card (you will receive this in our late May mailing).** This card lists the Global Works Home Office phone numbers—keep this in your wallet or carry-on bag during travel days.



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A NOTE ON COMMUNICATION

There will be many opportunities to call home and a few opportunities to e-mail. **We suggest you bring a little extra money and buy your calling cards in France** as they are very inexpensive and easy to use. **Cell phones are not advised except for travel days in the U.S.** Cell phones should **not** be used while in France. **Also, your leaders will not be responsible for the care or loss of your cell phone.** Many students will bring a US calling card just for airport days.

❑ **DON'T FORGET TO PACK** The Global Works Contact Card (you will receive this in our late May /early June mailing). This card lists the Global Works Home Office phone numbers—keep this in your wallet or carry-on bag during travel days in case your connecting flight is delayed or you need to talk with someone in the home office.

RESOURCES FOR ADDITIONAL INFORMATION

www.lonelyplanet.com/destinations/europe/france
www.frenchculture.org
www.cia.gov/cia/publications/factbook/index.html

Books

The French, by Theodore Zeldin

A Little Tour in France, by Henry James

The Autobiography of Alice B Toklas, by Gertrude Stein

A Moveable Feast, by Ernest Hemingway

Citizens, by Simon Schama