Clothing

- [ ] **Walking Boots/Sturdy Trainers**
These should have a strong grip to cope with lots of walking. Pack blister plasters if you aren't used to wearing them

- [ ] **Hiking Socks**
One pair for each day of your trip

- [ ] **Layered Clothing**
A combination of long-sleeve and short-sleeve tops, as well as sweaters and a lightweight jacket

- [ ] **Trousers**
Outdoor/walking trousers are required in all seasons. Opt for lightweight sportswear and synthetic fabrics which dry quickly

- [ ] **Waterproof Outerwear**
A good wind and rainproof jacket with hood and waterproof trousers are essential as the weather can change without warning

- [ ] **Swimwear and Towel**
Appropriate for beach games also.
Please Note: Most French pools strictly ban loose-fitting board shorts or trunks for men/boys. Tight-fitting swimwear (Speedos, tight swim boxers, or jammers) is compulsory. All swimmers (regardless of gender) may also be required to wear a silicone or fabric swimming cap.

- [ ] **Sleepwear**
Rooms are warm and comfortable, standard pyjamas are advised

- [ ] **Day Bag/Rucksack**
Ideally a backpack as this is more suitable for walking and trekking

- [ ] **Sunglasses and Sun Hat**

Toiletries

- [ ] **Suncream**
The sun can be very strong in France, so sun protection is required even on cloudy days

- [ ] **Insect repellent**
Required in the summer months

- [ ] **Glasses/Contact Lenses**
We recommend bringing a spare pair of glasses

- [ ] **Medication**
Some medicines may require a doctor's letter confirming that the drugs are medically required. Check with the embassy about the rules before you travel

Miscellaneous

- [ ] **Power Adaptors**
France uses a standard European two-prong plug (type F)

- [ ] **Waterproof Bag**
Useful to put wet clothing in so that other items in your bag are kept dry

- [ ] **Lunchbox**
Check with your travel specialist if required on your trip

- [ ] **Phone**
- [ ] **Camera**
- [ ] **Chargers** (pack in carry on)
- [ ] **Reusable Water Bottle**

Important Documents

- [ ] **Passport**
Take photocopies of all those travelling in your group as well

- [ ] **Itinerary**
- [ ] **Travel Insurance**
- [ ] **Emergency Contact Information**
- [ ] **Dietary Requirements List**

Luggage

We recommend taking as little as possible whilst ensuring you have all the essential items for your trip. Check that the weight of your luggage does not exceed the maximum allowance, and that you and your students are able to comfortably carry your own bags. Please ensure all power banks and portable chargers are packing in your carry on.