

# ParisMadeSimple - Packing Checklist

## FOR YOUR SUITCASE TO CHECK AT THE AIRPORT

Be very careful about weight. Check your airline's website for weight limits and fees.

### **CLOTHES** *(these suggestions are for a 2 week stay)\**

- Shirts - 5
- Jeans/pants - 2
- Skirt/dress pant and shirt - 1 (optional, depending on where you will visit or eat)
- Under things - 5 each
- Socks - 5 pair
- PJs - 1
- Fleece/sweater (easy on/off) 1

### **SHOES**

- Sandals/dress shoes - 1 (if appropriate)
- Walking shoes - 1 (wear another)

### **TOILETRIES BAG**

- Makeup
- Moisturizer
- Sunscreen (seasonal)
- Cotton swabs/squares
- Feminine products
- Sample shampoo
- Nail clippers/file
- Shaving razors
- Sample-sized shaving cream

### **OTHER**

- Mini-backpack/day pack
- Several Ziploc type bags
- Mini sewing kit with safety pins
- Electrical PLUG adaptors
- Electrical POWER adaptors

## FOR YOUR CARRY-ON

Remember to review rules for pocket knives and liquids - pack all liquids in one large Ziploc type bag, keep all electronics in one place for easy security checks.

### LARGER CARRY-ON/BACKPACK

- Cell Phones
- SIM Cards for phones
- Chargers for phones
- Camera
- SD Cards for camera
- Chargers for camera batteries
- Laptop with case/tablet
- Cords/adaptors for devices
- Back-up batteries/power sources
- mp3 player
- Toothbrush, toothpaste, floss
- Medicines
- Brush/comb
- Jacket/fleece
- Comfort items (neck pillow, etc.)
- Water bottle (empty until through security)
- French/English language guide
- Paris Map with public transportation/metro map
- Reading material
- Snacks (more protein/less sugar) Meat/vegis/fruits -eat before customs on the other side.

### IN PURSE or easily accessed carry-on pocket

- Passports
- Itinerary
- Contact information for hotel or apartment
- Medical Insurance Card
- Financial/contact info
- ATM card
- 2 Credit Cards
- Eyeglass prescription
- Written medical prescriptions
- Small face photos for passes
- Change purse

## **2-3 DAYS BEFORE LEAVING (much of this can be done on-line)**

- Carry packed luggage around, repack as necessary
- Charge cell phones
- Call credit card/ATM companies
- Print boarding tickets (just in case, I like to have a hard copy)
- Confirm hotel/apartment arrangements
- Be sure all prescriptions filled
- List contact numbers for those staying home
- Confirm flight
- 72-hours before - order special meals

## **Helpful Hints for Easier Travel**

Pay special attention to all carry-on items. Too much liquid or the wrong food items and you will have to leave them with security personnel.

Fill your water bottle after security and stay hydrated.

Wear your bulkiest clothes and shoes, but stay comfortable and skip the belt if possible.

\*When packing clothes and shoes, stay away from logo or “novelty” t-shirts. Don’t pack ripped or worn-out clothes, stay away from big bulky white sneakers, hiking sandals and shorts. These items will SCREAM tourist and can make you more of a target for pick-pockets and less friendly behavior from locals.

NEVER pack medicines or valuables in your checked luggage.