France Packing List:

**General:**
- Backpack (30-40 Liters; lightweight)
  
  *Past brands students have used include Deuter, Osprey, Gregory and Mountain Hardwear. eg. *Stratos 36, Z-40, Groden 30, Tempest 40*
- Sleeping Bag (<2lbs, +40°) or Sleep Sheet
  
  *eg. Vaude Sleeping Bag, Marmot Sleeping Bag, REI Bag, Sleeper*
- Trail Running Shoes (Lightweight, breathable)
- Sandals (With a back strap that you can walk in—*NOT Flipflops*)
  
  *eg. Chacos, Tevas, or something similar*
- Water Bottle/Hydration Bladder (With capacity for at least 1.5 L. If you bring a water bladder, we recommend also bringing a small water bottle for use at the end of the hike. If you prefer a water bottle, it must be easily accessible while walking.)

**Clothing**  *ALL clothing items need to be quick drying/synthetic*
- Shorts (x2)
- T-Shirts (x3)
- Long Sleeve Pullover (x1)  *If you get cold easily, consider bringing two warm layers*
- Pants* (1x) (optional)  *If you get cold easily, consider bringing pants, long underwear, or running tights*
- Socks (3x)  *NOT Cotton.*
  
  *eg. Smartwool, REI*
- Underwear (3x)
- Sun Hat
- Warm Hat* (Optional)
- Rain Poncho (lighter & easier than rain gear + a pack cover; be sure it covers your pack)
  
  *eg. Packframe Poncho*  *not a $1 emergency poncho*

**Assorted:**
- Sunglasses (UV resistant)
- Pack Towel (This can be small you don’t need to cover your whole body, just dry off)
  
  *eg. Multitowel*
- Wallet/Travel Wallet for money, passport etc.
- Passport & Passport Copy
- ATM Card
- Student ID
- Health Insurance Card
- Small Notebook/Pen
- Headlamp/Small Flashlight with fresh batteries
- Wristwatch* (optional)
- Camera & Charger* (optional)
- Plug Converter* (If necessary for charger)
- Small Bowl* (optional—this can be any small lightweight bowl, or tupperware container)
- Spoon or fork* (optional)
- Book* (optional)
Consider rolling some duct tape around your water bottle, just in case!

**Toiletries:** For carry-on & minimizing weight, keep liquids under 3oz—you can resupply in France if necessary
- Sunscreen (30+ SPF)
- Chapstick
- Deodorant
- Shampoo/Conditioner
- Soap (For body & clothes; Some prefer bar soap for clothes washing)
- Toothbrush/Toothpaste
- Ibuprofen
- Tums/Antacid & Imodium
- Neosporin
- Any Medications you need. If you frequently get motion sickness, consider bringing dramamine.
- Bandaids/Blister Pads/Tape (Whatever works well for your for blisters/chafing)
- Needle or small safety pin (For popping blisters)
- Tiny hairbrush/comb* (optional)
- Nail clippers* (optional)
- Hair ties* (optional)
- Contacts/Glasses/Etc* (If necessary)

*Optional