

✓ Packing List - Amy	✓ What Goes in my Day Bag
3 Sleepwear/loungewear (dual-purpose shorts, leggings, T-shirts & tank tops)	Camera and lens
7 pairs of underwear (silk, lace, or micro-fiber)	Phone and portable charger
4 bras	Day wallet w/ day's worth of money and credit cards
4 pairs of socks (cotton blend)	Power pack (for longer day trips)
1 trench	Sunglasses
1 lightweight, water resistant jacket with hood	Earbuds
1-2 scarves (one silk, one shawl/pareo)	Reading glasses
1-2 skirts (wrinkle-resistant; one should be at least knee-length for church visits)	Water bottle
2-3 pairs of pants (one dressy, one casual)	Phrase book
1-3 dresses (one dressy, one casual)	Umbrella
4-6 shirts (tank or cami/long/short-sleeved, various colors)	Wet wipes / hand sanitizer
2 pairs of shorts/capris (shorts are fine on the beach, but not in churches)	Pen/notepad
1 silk blouse or long-sleeve button down dress shirt	Binoculars
1-3 light-weight cotton cardigans, sweaters or wraps	Comb
2 pairs of walking/comfortable shoes	Nylon shopping bag
1-2 pairs sandals/dress shoes	Map
Small purse or tote	Tide-to-go
1 swimsuit (packed in a plastic bag)	Packable rain coat and/or light sweater
1 belt (optional)	Portable medical kit (Advil, Tums, Band-Aids, chapstick, lipstick, tissues, sunscreen, callous cushions, moleskin, emery board)
Hat (optional)	What Goes in my Carry on
Sunglasses	Headphones
✓ Packing List - Mark	iPhone
1 pair flip flops	Blanket/sweater/jacket
Sleepwear/loungewear (dual-purpose shorts & T-shirts)	Book/magazine
5 pairs of underwear	Passport
4 pairs of socks (cotton blend)	Journal/pen
1 lightweight, water resistant jacket with hood	Gum/mints
1-2 ties	Eye mask
3-4 pairs of pants (one navy/black, one khaki)	Sleeping pills/melatonin
2-3 pairs of shorts	Neck pillow
4-6 shirts (tank/long/short-sleeved, various colors)	Socks
1 pair lightweight jeans	Vitamins/medication for morning
1 long-sleeve button down dress shirt	Antibacterial wipes
Sweater or lightweight fleece	Tissues
2 pairs of walking/comfortable shoes	Snack items
1 pair sandals/dress shoes	Eye glasses
1 swimsuit - in France, men need to wear Speedo-type swimsuits	Small LED flashlight
1 belt (optional)	Document pack
Hat (optional)	Plastic bag with toiletries (toothbrush, toothpaste, lotion, brush, moisturizer deodorant, lip balm, Bodi-Heat heating pads)
Sunglasses	Flight reservation / booking confirmation