

# ☆PACK LIST: FRANCE 2010☆

## GLOBAL WORKS SUMMER SERVICE ADVENTURES TRAVEL

### A FEW PACKING TIPS TO GET YOU STARTED:

» **Travel lightly!:** Each participant must be able to carry his or her own luggage for at least two city blocks. We recommend you aim for 35-40 lbs. maximum. Be sure to check with your airline carrier regarding baggage requirements.

» **Remember the goals of your trip:** Keep in mind that you will be participating in service activities, and that there is a high likelihood that you will get dirty (yeah!). Please consider this when packing and bring at least one set of clothes that you do not mind leaving behind. Remember, this is not a trip of high fashion and multiple changes of clothes. We encourage you to try to live simply while on your trip!

» **Consider the weather and environment of France:** France generally has a temperate climate, with temperatures ranging from 45- 60°F in the Spring and Fall, 60-80°F in the Summer, and 30-45°F in the Winter. The chance of rain is prevalent throughout the year, so we ask that you are prepared for wet weather.

» **Online Store:** To help you with the purchasing of any items that you do not already have, we have an online Pack List Store provided by the friendly folks at [Gear Fetch](#). Your packing list is available on your login page via our website [www.globalworkstravel.com](http://www.globalworkstravel.com), and you will find quality, competitively priced items that have been selected as the best equipment solutions for your specific destination and activities.

### SPECIAL NOTES IN REGARD TO PACKING:

**I. SPENDING MONEY:** Most students spend between \$250 - \$350 during the trip, but certainly you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. We recommend that you bring more than one form of money to France. Debit cards with the VISA logo and student's name (please have a PIN number to use!) is one form of obtaining spending money in France (there will be an ATM fee). Don't forget to let your bank know that you will be using this card abroad. Cash is the other acceptable means of spending money in France. Please bring cash in small bills (ones, fives, tens). Please note: Traveler's Checks are not ideal; they are difficult to exchange and can be costly.

**II. LAUNDRY:** You can plan on doing laundry every 7-9 days, more in frequently during the homestay. Past participants have found it helpful to have all clothing labeled, as sometimes we will do communal loads.

**III. COMMUNICATION/PHONE CARDS:** There will be opportunities to call home and a few opportunities to e-mail. Please DO NOT bring calling cards from the U.S. and expect to be able to use them in France. You will be able to purchase phone cards from your leaders in France; we have found this to be the easiest, cheapest, and most effective way to handle phone communication! 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.

**IV. HOMESTAY GIFTS (if your group is doing a homestay):** 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 hostmom, one for your hostdad, and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items, music, or art books. 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, an activity that you can do with them like puzzles, card games (UNO, Crazy Eights, etc.), arts and crafts, Frisbees, hackysacks, soccer or footballs, magazines or books. Another popular gift for host brothers and sisters is a mix CD of your favorite tunes! Past participants also suggest bringing gifts that are unique to your hometown.

We also recommend bringing pictures of your family and friends, your house, and/or a map of where you live. It provides for fun conversations and “show and tell” topics with your host family.

***Please feel free to contact us at any time if you have questions about packing!***

# FRANCE '10 PACKING CHECKLIST

Global Works Summer Service Adventures 2010

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
<b>IDENTIFICATION &amp; MONEY</b>		
<b>Valid Passport</b>	~	
<b>Copies of Passport (3)</b>	Copy page where photo appears. (keep one copy with you, give one copy to your leaders and keep the other in a safe spot at home).	
<b>Permission to Travel Form</b>	Signed and notarized. Necessary for getting through customs and across borders. (keep with your passport)	
<b>Spending Money</b>	\$250-\$350 recommended. Bring at least 2 different forms of spending money.	
<b>Student ID</b>	School ID or other photo ID is acceptable.	
<b><u>Money Belt</u></b>	A money pouch or purse is also acceptable. Use to hold money, passport copy and other important items	
<b>Departure Tax</b>	Give to your leaders in an envelope with your name on it. More information in your final mailing prior to departure.	
<b>EQUIPMENT &amp; GEAR</b>		
<b><u>Large Backpack or Duffel Bag</u></b>	Be able to carry all gear comfortably and without help for at least 2 blocks / or three flights of stairs. Please note that Rolling Bags or Suitcases are NOT the best option as you will need to carry your bags up and down stairs, on cobblestone roads, etc.	
<b><u>Daypack</u></b>	Such as a school backpack. For us as airplane carry-on and as a day hike bag.	
<b><u>Sleep Sack or Sleep Sheet</u></b>	Bedding is provided at all locations except the overnight in the Alps. For the Alps hike, you will need to pack a light sleep sack, light fleece blanket, or sleep sheet (You can make your own by folding a double-bed sheet in half!). You may also want this for your own comfort on the bus rides! Inquire about the sleep sack on Gear Fetch.	
<b>Bath/Beach Towel</b>	~	
<b>Washcloth</b>	~	
<b><u>Lightweight-low hiking boots</u> <u>OR Cross Trainers</u></b>	Must be broken-in. Used for excursions/hikes and for work projects. They are likely to get dirty during service projects. (if possible, please waterproof them)	
<b>Comfortable sneakers</b>	~	
<b>Sunglasses</b>	~	
<b>Spare eyeglasses for contact wearers</b>	~	
<b><u>Headlamp or Flashlight</u></b>	This is an absolute necessity. We strongly recommend a headlamp over a flashlight, if possible.	
<b>Extra batteries and bulbs</b>	For headlight or flashlight.	
<b><u>Water bottle</u></b>	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please.	
<b>CLOTHING</b>		
<b><u>Raincoat</u></b>	Hooded, lightweight, waterproof. For hiking and working, can double as a windbreaker. There are now less expensive alternatives to gore-tex that work just as well. Look for products that offer breathe-ability, such as through-vents, etc.	
<b><u>Jacket/Pullover</u></b>	We recommend thick pile or light fleece.	
<b><u>Long-sleeve shirts (1-2)</u></b>	Designate one as a work shirt that may be damaged.	
<b><u>Long-sleeve button-down shirts/blouses (2)</u></b>	This is a shirt you may wear to dinner with your host family and/or when we are out on the town.	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
<b>T-shirts (4-5)</b>	We recommend "quick-dry" t's. Designate at least 2-3 for work. Please include your Global Works t-shirt in this number! (you will receive it one month prior to your departure)	
<b><u>Shorts (4 pair)</u></b>	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	
<b><u>Long Pants (2-3 pair)</u></b>	Designate one quick-dry, lightweight pair for hiking, one warm pair for evenings (i.e. jeans, cords, or khaki's), and one work pair. To reduce bulk, consider "zip-pants" and combine one pair of shorts and one pair of pants.	
<b>"Nice but not formal" Outfit (1-2)</b>	You can define what this means. For opportunities to have a dinner or an activity in a less-casual atmosphere.	
<b>Lightweight Pajamas</b>	~	
<b>Underwear</b>	You determine how much you need.	
<b>Socks (8 pair)</b>	At least 2-3 pairs should be wool (or other suitable synthetic material) for hiking and working.	
<b>Sun hat or baseball cap</b>	~	
<b>Bathing suit</b>	1-2 (for boys, bring a speedo – swimming pools in France do not allow shorts).	
<b>MISCELLANEOUS ITEMS</b>		
<b>Homestay Gifts (if applicable)</b>	Small, inexpensive gifts for homestay families and new friends. (see ideas on page one)	
<b>Headlamp or flashlight</b>	Listed twice because it is a great necessity!	
<b>Photos, children's book and postcards from your home</b>	To share with host communities. Great way to "break the ice" with new friends and families.	
<b>Leather or Canvas Work gloves</b>	Label with your name.	
<b>Toiletries</b>	Bring in <u>travel size</u> , and <u>store in zip-lock bags or other liquid proof compartment</u> . Ladies, keep in mind menstrual necessities. Toiletries can be replaced as needed.	
<b>Prescriptions/ Vitamins</b>	Bring as necessary. Please include a note for your GW leader in your carry-on detailing dosage and timing of any medications or vitamins. <u>Please bring in your carry-on during air travel days.</u>	
<b>Bug repellent</b>	Non-aerosol.	
<b>After-bite</b>	Cortaid or other anti-itch product.	
<b>Sun block and lip protection</b>	SPF 30 or higher.	
<b>Small notebook and pen</b>	~	
<b>Small alarm clock</b>	Or watch with alarm clock function.	
<b>Pocket English-French Dictionary</b>	~	
<b>OPTIONAL ITEMS</b>		
<b>Art Materials</b>	Water paints, markers, beads, etc.	
<b>Camera with case</b>	Please insure if valuable. If using film, buy in U.S.	
<b>Waterproof camera</b>	Disposable waterproof cameras can be purchased in the U.S. These are great if your group is going snorkeling and/or rafting!	
<b>Protein bars</b>	Power bars, Luna bars, Cliff bars, Odwalla bars, etc. Recommended especially for vegetarians.	
<b>Travel games/cards</b>	~	
<b>Reading materials</b>	~	
<b>Inflatable travel pillow</b>	For air travel and bus days.	
<b>Music</b>	To share your favorite music during bus rides and/or dance exchanges.	
<b>Light shoes/flip-flops</b>	Light, comfortable footwear for showering or wearing around the lodge.	
<b>Sarong</b>	For beach days	
<p><b>Need to purchase a few items?</b> Visit our <a href="#">online Pack List Store</a>, available via your login page on our website <a href="http://www.globalworkstravel.com">www.globalworkstravel.com</a>. You will find quality, competitively priced items that have been selected by our friends at Gear Fetch as the best equipment solutions for your Global Works program!</p>		