

PARIS

TRAVEL CHECKLIST

Everything you need to pack and know for a smooth, stylish, and unforgettable trip to the City of Light.

BON VOYAGE!

1  TRAVEL ESSENTIALS ☐ Passport (valid for 6+ months) ☐ Visa (if required) ☐ Travel insurance documents ☐ Round-trip flight confirmation ☐ Hotel/Accommodation details ☐ Copies of important documents (digital + printed) ☐ Credit/Debit cards (no foreign transaction fees) ☐ Small amount of Euros (cash) ☐ Reusable shopping bag (handy for markets & shopping) ☐ Air Tags for luggage ☐ Eye mask/Earplugs  PARIS TIP: Pack lighter than you think. Paris streets, train stations, and apartment staircases are much easier to navigate with manageable luggage. 	2  CLOTHING & ACCESSORIES ☐ Comfortable walking shoes (cobblestone!) ☐ Light layers (weather can change) ☐ Trench coat or light jacket (classic + practical) ☐ Sweater or cardigan ☐ T-shirts / Long sleeve tops ☐ Jeans & neutral pants ☐ Dressy casual outfit (for nicer dinners) ☐ Umbrella (compact & durable) ☐ Sunglasses ☐ Crossbody bag (secure & stylish) 	3  TOILETRIES & PERSONAL CARE ☐ Toothbrush, toothpaste, floss ☐ Shampoo & conditioner (travel size) ☐ Body wash / soap ☐ Skincare essentials ☐ Moisturizer ☐ Deodorant ☐ Razor / shaving essentials ☐ Female hygiene products ☐ Hairbrush / comb, hair ties ☐ Makeup & makeup remover ☐ Nail clippers, tweezers ☐ Hand sanitizer ☐ Facial tissues ☐ Wash clothes (hotels/AirBnB will not have them)  PARIS TIP: Many hotel rooms in Europe don't provide full-size toiletries, so bring your favorites!
4  HEALTH & WELLNESS ☐ Prescription medications (in original bottles) ☐ Pain reliever (ibuprofen, acetaminophen) ☐ Allergy medication ☐ Imodium / anti-diarrheal ☐ Motion sickness tablets ☐ Vitamins / supplements ☐ Band-aids / small first aid kit ☐ Electrolyte packets ☐ Travel-size laundry detergent packets  PARIS TIP: Pharmacies (Pharmacie) are everywhere and amazing, but some medications may be different than what you're used to.	5  TECH & ELECTRONICS ☐ Phone & charger ☐ Power adapter (Type E plug - 2 round pins) ☐ Portable charger ☐ Camera & extra batteries ☐ Laptop / tablet & charger (if needed) ☐ Headphones / AirPods ☐ E-reader (perfect for travel days) ☐ Universal power strip (compact)  FRANCE USES TYPE E outlets 230V - 50Hz Bring a power adapter (not just a converter) for your electronics.	6  SUN & WEATHER ☐ Sunscreen (SPF 30 or higher) ☐ Lip balm with SPF ☐ After-sun lotion ☐ Sunglasses ☐ Hat / baseball cap ☐ Light gloves & beanie (winter / early spring) ☐ HeatTech or base layers (winter) ☐ Rain jacket or windbreaker  PARIS TIP: The sun can be strong in the summer, and winters are colder than they look! Layers are key.
7  PARIS-SPECIFIC MUST HAVES ☐ Paris map or offline maps downloaded ☐ Metro app: Citymapper or Bonjour RAT ☐ Paris Pass (if visiting multiple attractions) ☐ Reservations for popular spots (Eiffel Tower, Louvre, restaurants)	8  NICE-TO-HAVE EXTRAS ☐ French phrasebook or translation app ☐ Portable water bottle ☐ Snacks for travel days ☐ Travel pillow ☐ Book or journal ☐ Instant coffee / tea packets ☐ Compression socks ☐ Carbon monoxide detector (if staying at AirBnb)	DON'T FORGET!  Check the weather before you pack  Notify your bank of travel dates  Save important addresses offline  Download offline Google Maps  Take photos of your documents  Enjoy the little moments
	We hope this checklist helps make your trip smooth, memorable, and stress-free! XO, The Thompsons Abroad	FOLLOW OUR JOURNEY! Travel tips, vlogs, and Paris life on our YouTube channel. THE THOMPSONS ABROAD  LINK IN OUR BIO