



Why Packing Smart Matters

Packing for an **international trip** can feel overwhelming, but with the right strategy, you'll be prepared for anything while keeping your luggage light. Whether you're strolling through the **streets of Paris**, biking in **Barcelona**, or exploring **Madrid's Royal Palace**, here's everything you need to know to **pack like a pro!**



Essential Packing List

1 Travel Documents & Essentials (Carry-On Must-Haves!)

- ☐ **Passport & Copies** (Keep an extra copy in your luggage & digital copies on your phone.)
- ☐ **Travel Insurance & Emergency Contact Info**
- ☐ **Student ID** (Some attractions offer student discounts!)
- ☐ **Credit/Debit Cards** (Make sure they work internationally & notify your bank.)
- ☐ **Small Crossbody Bag or Anti-Theft Backpack**
- ☐ **Phone & Charger** (+ a portable battery pack!)
- ☐ **Travel Adapter** (Europe uses different plugs – bring a universal adapter!)

2 Clothing: Stay Comfortable & Stylish

- ☐ **Light Layers:** Summer in **Spain & France** can be warm, but evenings can be cool. Pack breathable tops and a light jacket.
- ☐ **Comfortable Walking Shoes:** Expect **LOTS of walking!** Bring **2 pairs of comfortable shoes** (sneakers & casual sandals).
- ☐ **Casual & Dressy Outfits:** One **nicer outfit** for special dinners or events.
- ☐ **Rain Jacket or Compact Umbrella:** Sudden rain showers can happen, especially in Paris!
- ☐ **Sleepwear & Undergarments:** Pack enough but don't overdo it – you can **wash on the go**.
- ☐ **Swimsuit & Flip-Flops:** If you plan to enjoy the **beaches in Barcelona!**

3 Toiletries & Health Essentials

- ☐ **Travel-Size Toiletries:** Shampoo, toothpaste, deodorant (must be TSA-approved if in carry-on).
- ☐ **Medications:** Bring any **prescriptions in original bottles** + a small first aid kit.
- ☐ **Sunscreen & Sunglasses:** The sun in Spain can be strong!
- ☐ **Lip Balm & Moisturizer:** Flights and air-conditioned hotels can dry out your skin.
- ☐ **Laundry Bag:** A **small foldable bag** to separate dirty clothes.

4 Travel Gadgets & Extras

- ☐ **Portable Charger & Charging Cables** (You'll be taking lots of photos!)
- ☐ **Notebook & Pen** (Great for jotting down new words & experiences.)
- ☐ **Lightweight Backpack** (For day trips & excursions.)

- ☐ **Earplugs & Sleep Mask** (For the plane or noisy hotel stays.)
- ☐ **Refillable Water Bottle** (Stay hydrated while exploring!)



What to Expect: Weather in Spain & France

- Paris (June-July):** Mild to warm (65-80°F), occasional rain showers.
- Barcelona & Madrid:** Hot (80-95°F), lots of sunshine, dry climate.
- Packing Tip:** Bring **light, breathable clothes, sunglasses, and comfortable shoes** for long walks!



Packing Like a Minimalist: Light Packing Tips

- ☐ **Use Packing Cubes** – Keep clothes **organized** and save space.
- ☐ **Roll, Don't Fold** – Rolling clothes helps prevent wrinkles and saves space.
- ☐ **Limit Shoes to 2-3 Pairs** – One comfortable pair, one casual, and one optional dressy pair.
- ☐ **Check Airline Baggage Rules** – Avoid overpacking and **extra fees** by checking size & weight limits.
- ☐ **Wear Bulkier Items on the Plane** – Jackets and sneakers take up too much luggage space!



Final Packing Checklist: Don't Forget!

- ☐ **Passport & Copies**
- ☐ **Credit/Debit Cards & Euros (€)**
- ☐ **Phone, Charger & Adapter**
- ☐ **Comfortable Walking Shoes**
- ☐ **Reusable Water Bottle**
- ☐ **Sunglasses & Sunscreen**
- ☐ **Travel Journal** (*You'll want to remember this adventure!*)



Ready to Pack & Travel?

With this packing guide, you'll be ready for an **amazing journey** through **France & Spain!** 🌍 ✈️
Pack smart, travel light, and get ready for an unforgettable adventure!