



distant francophile

For when France seems too far away...

Packing For Paris In Autumn

The Essential Packing Guide For Women

In Your Luggage - Clothing

Adjust quantities to suit length of your visit and remember to pack neutrals for maximum 'mix and matchability'. And remember, Paris can be damp in Autumn.

- 2 pairs of jeans.
- A pair of classic black pants.
- A skirt or perhaps a jersey dress.
- Tops or t-shirts.
- A light cashmere jumper or two.
- A tailored shirt.
- A light blazer or jacket.
- A dressy top for nights out.
- Classic trench coat.
- Night clothes/sleepwear.
- Underwear.

In Your Luggage - Accessories

- 2 scarves. 1 lightweight, 1 a little heavier.
- Sunglasses.
- Evening Clutch.
- Spare handbag or tote.
- Ballet flats or other flat shoes.
- For more weather protection, ankle boots.
- Heels if you think you need them.

In Your Luggage - Personal Items

The pharmacies in Paris are fabulous, so you really only need to take the basics or items that you personally prefer.

- Toiletries.
- Travel hair dryer.
- Small hair straightener if required.
- Shaving equipment.
- Antihistamine cream for rashes or bites.
- Band-Aids/Blister plasters.
- Scissors/army knife.
- Small sewing kit and safety pins.
- Travel umbrella.
- Soap for hand washing clothes if required.

In Your Carry On - Travel Documents

Remember confirmations can be stored electronically. Pack photocopies of important documents separately in checked luggage. We recommend you leave a second copy with a friend or family member at home. Never email personal information - passport, credit card details, confirmations etc - to yourself just in case your email account is hacked.

- Passport.
- Visa (if required).
- Details of Travel insurance.
- Flight and rail tickets or e-tickets.
- Accommodation booking confirmations.
- Tour confirmation emails/vouchers.
- Pre-purchased Métro tickets.
- Youth/student/seniors card for discounts.
- International driving licence.



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In Your Carry On - Personal

This list might seem long, but all of these items are quite small and can be easily carried in your on-board luggage. Think of how grateful you will be if your luggage goes on vacation without you or when you get delayed without your bags.

- Personal medication/prescriptions.
- Letter from Doctor for specific medications.
- Prescription glasses.
- Contact lenses and associated items.
- Aspirin/Ibuprofen/Paracetamol.
- Antibacterial wipes for hands and tray tables.
- Eye Mask.
- Ear Plugs.
- Nasal Spray.
- Baby pillow and cot blanket.
- DVT socks.
- Hand moisturiser.
- Lip Balm/Lipstick/Lip Gloss.
- Scented environment spray.
- Rescue Remedy/Bush Flower Essences.
- Travel sickness tablets (if required).
- Mints.
- Spare underwear.
- Basic travel sized toiletries.
- Compact mirror.
- Technology - iPad/Laptop/Mobile Phone
- Personal Audio Player.
- Technology chargers.
- Reading material/journal/notebook/pen.
- Headphones.
- Electrical adapters for Europe.
- Camera/Memory Cards/Battery Charger.
- Any special jewellery you don't want to lose.

Especially For You

Add all the other special items you don't want to forget to pack in the space below.

The Distant Francophile Team wishes you a safe and happy stay in Paris! To get inspiration for your trip be sure to head over to distantfrancophile.com regularly.