

PACKING LIST – SOUTH OF FRANCE

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your barge adventure in the South of France. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Summer weather on in the South of France generally has daytime average temperatures in the comfortable 80s, with nighttime temperatures in the 60s. As in all outdoor activities, you should be well prepared for weather changes. It can get quite cool at night on the boat.
- July & August: low 59°F / high 86°F

PACKING CHECKLIST

Clothing & Gear

- Duffel bag/suitcase
- Daypack
- 2 pairs of comfortable walking shoes
- 1 pair of flip flops
- 2-3 pairs of socks
- 3-4 short sleeve shirts/tank tops (quick dry recommended)
- 1 long sleeve shirt (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sun dresses (optional, for wearing on ship and in cities)
- 1 set of nicer clothes for the Gala dinner
- 2-3 bathing suits
- Bathing suit coverup
- Waterproof jacket
- Hat for sun protection
- Underwear & bras
- Sleepwear

AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner (hair dryers will be on the barge)

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Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Seasick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.