

PACK LIST



Pack very light in a medium backpack -

We will walk often and carry it all. No wheelies, which are not good on cobblestones, dirt, or gravel. We'll hand wash laundry daily and will have 2 team duffles to check tent-poles or anything that can't be carried on the airplanes. 10lbs is ideal. 20lbs is max!

1. **Passport + Travel Wallet + debit card + cash:** (€100-€200)
2. **Plane Tickets + Info**
3. **2.5 Modest Outfits:** longer shorts/capris, bohemian skirts, button shirts, no tank tops
4. **1 Nassau Wildlife Preserve T-Shirt** [also good for sleeping]
5. **1 light jacket/sweatshirt/windbreaker**
6. **1 Pair of Sandals or shoes** [luxury: flip flops for showers]
7. **Small Bible + Provided Journal** [put them in a dedicated bag w. pens]
8. **One fun paperback book**
9. **Lots of pens + small paint kit/art supplies**
10. **Musical Instruments smaller than guitars.**
11. **Dr. Bronners Biodegradable Soap x 2** [travel sized @ Target, REI]
12. **20' clothes line** [thin p-cord or smaller]
13. **Small Travel Towel + single person sized light cotton/linen fabric scrap** [the "beach-sheet" is for picnics, pillows, planes, shade, warmth, privacy, showers, & lots else]
14. **Ear plugs + sleep mask/bandana**
15. **Baby powder** [travel sized - great for many things, including stinky feet]
16. **Sunglasses, hat, small sunscreen**
17. **Sleep Kit:**
 1. **Tent** [to be shared with 1-2 friends of your choosing]
 - Good buy: Marmot Ajax [2 or 3 person]: <https://www.sierra.com/s~marmot-ajax/> \$149 + free shipping [checkout code: SHIP89]
 2. **Sleeping Pad** [inflatable or foam]
 3. **Light Sleeping Bag or Sheet + Blanket** [no bigger than a football. Southern France is pleasantly warm at night. Plus, you have your beach-sheet.]
18. **Additional:** small pocket knife; 3-4 nylon tote bags for food, shopping, organization; camera/chargers/converters/cables, small headlamp.