

# Packing List Guide for Male Traveller - 14 days

NB. Wash clothes in basin or shower were you'll be staying for more than 2 days to allow for drying time

## Clothes

No.	Item	Notes
5	Underpants/Boxers	Wear 5th pair. Boxers double as PJs
5 pair	Socks	Wear 5th pair
5	T-shirts	Double also as pyjamas
4	Singlets	Practical for winter
2	Long sleeve shirts/skivvies - for winter	Lightweight for summer, thicker for winter
3	Polo shirts	These are good as they don't need ironing
2	Short sleeve shirts	Prints don't show creases as much
1	Jumper/cardigan/pull-over	Dark or black more versatile, take extra in winter
1	Wind/water-proof jacket with hood, light	For rainy days. Roll up for packing
1	Evening outfit - Shirt	Crush proof cotton blend or polyester
1	Evening outfit - Pants	Dark or black more versatile
1	Smart Casual jacket - black	Can be worn as a casual or dressy depends on pants
2	Shorts	
2	Jeans	Wear second pair onto plane
1	Walking shoes (black) lace-up, casual	Dark or black more versatile - wear onto plane
1	Leather shoes - day & evening wear	Leather breathes and expands with swelling feet
1	Open Sandals - for summer	Dark or black more versatile
2	Scarves - for winter	1 Lightweight and 1 thick for varying degrees of cold
1	Swimmers	For summer travel
1	Hat/cap cotton or synthetic crushable	
1 pair	Gloves - for winter	For winter travel
1	Woollen hat/beanie	For winter travel
1 pair	Runners	Good for hiking or some light sport

## Toiletries - in a waterproof zip-lock see-thru bag, with hook to hang is best

1	Toothbrush and holder	
1	Small Toothpaste	
1	Soap: face and body	Can also be used as emergency foaming for shaving
1	Shampoo/conditioner	
1	Brush &/or comb	
1	Deoderant	
1	Lipbalm	
1	Sunblock for summer	
1 pair	Tweezers	Comes in handy for all sorts of things
1	Nail clippers	
1	Hair removal products: shaver, gel.	
	Aftershave	
	Washcloth	Not all hotels provide these in France
	Condoms	
	Medications	