

Catholic France Sept 23 - Oct 3, 2026

PRE-TRIP & PACKING CHECKLIST

Use this checklist as a practical guide while preparing for your pilgrimage. You will visit Normandy, Paris, Lyon and the mountain Sanctuary of Our Lady of La Salette. Pack lightly and prepare for changing temperatures, rain and regular walking.

BEFORE YOU LEAVE

Travel documents

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| <ul style="list-style-type: none"> ☐ Passport
Bring a valid U.S. passport. JMJ Tours recommends that it remain valid for at least six months beyond your planned departure from the Schengen Area. ☐ Paper Copy of your passport
And Email yourself a copy of the identification page separate from the original. ☐ Additional photo identification
Bring a driver's license or another photo ID and keep it separate from your passport. | <ul style="list-style-type: none"> ☐ JMJ Tours documents
Bring your Final Confirmation, itinerary or trip booklet, luggage tags and pilgrim badge. ☐ Airline and hotel information
Keep important flight and accommodation details readily accessible on your phone or on paper. ☐ Important contact information
Carry the telephone numbers for JMJ Tours, your travel insurer, credit-card issuers, physician or pharmacy and emergency contacts. |
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Money

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| <ul style="list-style-type: none"> ☐ Credit and debit cards
Confirm that your cards can be used internationally. Ask your bank about foreign transaction and ATM fees. ☐ Gratuities
Review the separate JMJ Tours Tip Summary Guide included with your Final Travel Documents. | <ul style="list-style-type: none"> ☐ Euros
(best to get from the ATM Machine or the Bank in France)
We suggest a modest amount (as you go) for small purchases, offerings, gratuities and places that may not accept cards. U.S. dollars should not be relied upon in France. |
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Phones & Electronics

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| <ul style="list-style-type: none"> ☐ International phone service
Contact your wireless carrier to confirm roaming, calling and data options for France. ☐ Important information downloaded
Save your itinerary, confirmations, contact information and other essential documents so they can be accessed without an internet connection. | <ul style="list-style-type: none"> ☐ Mobile Passport Control (MPC App) — optional
Eligible U.S. travelers may wish to install the official CBP Mobile Passport Control app (MPC App) before departure for their return through Washington Dulles. Available for all smart phones. ☐ European plug adapter
France uses Type E outlets and 220–230V electricity. Most phones, tablets and laptop chargers accept both voltages, but check each device before departure. |
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YOUR CARRY-ON

Keep essential items with you

Bring a small carry-on or backpack containing anything you cannot afford to lose or may need during the flight.

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| ☐ Passport and additional identification | ☐ Phone and charging cable |
| ☐ JMJ Tours travel documents (Booklet you receive at the airport) | ☐ Portable battery pack |
| ☐ Wallet, money and credit cards | ☐ Important contact information |
| ☐ Prescription medications | ☐ Travel-insurance information |
| ☐ Prescription copies or medication list | ☐ Eyeglasses, hearing aids or other essential personal items |

Important: Never place your passport, medications, money, credit cards, phone or other valuables in your checked suitcase.

Before Packing

- ☐ **Check the weather forecasts** for Normandy, Paris, Lyon and La Salette.
Conditions at La Salette can change quickly because of its mountain elevation.

In case your suitcase is delayed

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| ☐ One change or partial change of clothing | ☐ Basic toiletries that meet airline security requirements |
| ☐ Undergarments and socks | ☐ Any medical or personal necessities needed during the first 24 hours |

Day Bag

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| ☐ Lightweight backpack or zippered cross-body bag | ☐ Sweater or fleece |
| ☐ Reusable water bottle | ☐ Tissues and hand sanitizer |
| ☐ Compact umbrella or lightweight rain jacket | ☐ Prayer booklet or devotional items |

A zippered cross-body bag, money belt or inside jacket pocket can help keep your passport and wallet secure in crowded areas.

Cabin baggage

Bring a small carry-on or backpack for medications, valuables, travel documents and one change of clothing.

- ☐ 1 small personal item, with a combined cabin-baggage weight limit of 26.4 lb / 12 kg.
Pack as lightly as possible; you will be moving through airports, hotels and the TGV.



YOUR SUITCASE

Luggage

Attach your JMJ luggage tag (you receive at the airport)

JMJ Tours asks each pilgrim to bring no more than one sturdy checked suitcase, preferably on wheels.

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| ☐ Maximum recommended weight: 50 lb / 23 kg | ☐ Attach your JMJ Tours luggage tag |
| ☐ Choose a suitcase you can comfortably manage yourself | ☐ Consider using a small luggage lock |

Packing lightly is especially important because the pilgrimage includes several hotel changes and TGV travel between Paris and Lyon.

Clothing

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| ☐ Easy-care clothing that can be layered | ☐ Warm waterproof jacket | ☐ Light hat, gloves and scarf for La Salette |
| ☐ Long pants or similarly modest clothing | ☐ Lightweight rain jacket or compact umbrella | ☐ Sleepwear and undergarments |
| ☐ Sweater or fleece | ☐ Warm socks | |

Clothing for La Salette

The Sanctuary of Our Lady of La Salette is located at approximately 5,900 ft / 1,800 m in the French Alps. It may be considerably colder than Paris or Normandy, particularly during morning and evening prayer or processions.

Attire for churches

Please dress respectfully for Mass, shrines and churches. Shoulders should be covered, and overly revealing clothing should be avoided.

Footwear

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| ☐ Shoes with good traction for wet or uneven surfaces | ☐ Comfortable, broken-in walking shoes | ☐ Blister-care supplies |
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The pilgrimage includes regular walking and standing. Historic streets, Mont-Saint-Michel, Normandy sites and La Salette may involve inclines, steps, cobblestones and uneven or wet surfaces.

Health & Personal Care

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| ☐ Enough prescription medication for the entire pilgrimage | ☐ Copies of any prescription in case medication is lost | ☐ Stomach or cold remedies | ☐ Sunscreen and sunglasses |
| ☐ A few additional days of medication, if possible | ☐ Pain reliever and personal over-the-counter medicines | ☐ Bandages and blister care | ☐ Personal toiletries |
| | | ☐ Small first-aid kit | ☐ Small washcloth |

European medications and formulations may differ from those sold in the United States, so bring the products you normally use.

Useful Extras

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| ☐ Reusable water bottle | ☐ Charging cables and adapters | ☐ Tissues and hand sanitizer |
| ☐ Camera or smartphone | ☐ Earplugs | ☐ Devotional items |

Final Reminders

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| ☐ Meals: Breakfast is included daily, along with nine dinners or lunches. Budget for meals that are not included. | ☐ Security: Keep valuables close to you and use normal precautions in airports, stations and crowded tourist areas. | ☐ Final luggage check: Make sure you can comfortably lift and manage everything you are bringing. |
| ☐ Hydration: Drink water regularly, particularly on travel days and while at the higher elevation of La Salette. | ☐ Weather: Recheck the forecasts shortly before departure and adjust your clothing if necessary. | |

Pack lightly, travel comfortably and prepare your heart for a memorable pilgrimage.

