

Packing

When packing, remember that many airlines have luggage weight limits. Check on your airlines website for the limits specific to the airline you will be traveling with. If your luggage is over the limit, you could be charged hefty fees. You also don't want to fill your bag too much. Remember that you will have to carry all of your own luggage upon arrival and will want to have room to bring back souvenirs. Try not to over pack. Bring only what you cannot live without.

Some electronics can be fun and helpful when traveling. Pack some but not too many. Remember that you will need to have the correct converter in order to plug anything in. Even with a converter, some electronics, like a blow dryer, can blow the breaker. Buying those certain objects can probably be purchased in the country you're residing in.

Make sure you pack a carry-on bag with things you would not be able to live without (medication, change of clothes, etc). That way, even if your main luggage gets lost you will be able to survive for a few days.

Below is a helpful guide for what to pack. The list should be adjusted according to the length and seasonal weather you will experience during your stay abroad.

Clothing:

- Walking shoes
- Flip flops or shower shoes (must have for hostels and many residence halls)
- Socks
- Underwear
- Shorts
- Skirt/trousers
- Shirts
- Rain jacket
- Light jacket
- Bathing suit
- Hat
- Nice clothes for going out
- T-shirts
- Winter gear such as hats, scarves, gloves, and coat

Learn the typical climate of the locations you plan to visit. You can acquire other inexpensive items in your host country that will have the advantage of fitting with the current trends in fashion and make you less identifiable as a foreigner.

Medicine and toiletries:

If you chose to put any of the items below in your carry-on luggage, all liquids, gels and aerosols must be in three-ounce or smaller containers. Items must also be placed in a single, quart-sized, clear zip-top plastic bag.

- Prescription medicine: clearly marked with patient name, physician name, drug name, dosage, and written physician prescription explaining the condition and use. Make sure your supply will last for the entire time of your trip!
- Over-the-counter unopened medication (i.e., any medications you take on a regular basis or those that are especially effective for you): Although your host country may have the same drug, it is probably called something different and may be difficult to identify at your time of need or not available at all.
- First Aid Kit: include bandages, first aid tape, antiseptic wipes, burn cream, extra-strength aspirin, anti-diarrhea medication, antihistamines, and first aid guide
- Comb and/or brush
- Sunscreen, moisturizers, bug repellent
- Deodorant/antiperspirant
- Razor
- Tampons/sanitary pads
- Contraceptives/birth control/prophylactics. Make sure your supply will last the entire length of your trip!
- Eyeglasses, sunglasses, contact lenses and cleaning solution
- Cosmetics
- Shampoo, conditioner, soap
- Hand sanitizer

Important Documents:

- Passport
- Visa
- Medical insurance card
- Airline tickets/ Itinerary
- Credit card, debit card, some cash (U.S. and foreign currency)(and a number to call in case your card doesn't work or is shut off)
- Identification (at least two)
- Copies of all important documents -passport ID page, visa, acceptance letter, birth certificate
- Acceptance letter
- Bank and cell phone company info
- Your host university's contact information

Miscellaneous Items:

- Camera
- Alarm clock
- iPod, kindle, or other electronics you want to take
- Travel journal
- Books, guides, and maps
- Day pack
- Travel sewing kit (can be very handy)
- Plastic zip lock bags
- Water bottle
- Adapter and voltage converter
- Laptop computer and charger

- DVD's and CD's
- School Supplies
- Umbrella
- Bath towels
- Sheets, pillows, blanket/comforter
- International cell phone and charger

Many of the listed Items can be purchased once you arrive in your host country!! Also, make sure you research the country you will be going to and **ALTER THE PACKING LIST APPROPRIATELY!!!**

Other Tips:

- If you're not going to wear it more than three times, don't pack it
- Shop selectively; remember you have to fit whatever you buy in your suitcase when you re-pack
- Only pack what you will really need
- Label your luggage in case it gets lost
- If you need something you can only get in the U.S. (ex. Prescriptions), make sure you have enough to last your entire trip