

RECOMMENDED PACKING LIST FOR LEARNING ABROAD

Before You Go:

- Verify your international roaming access on your cell phone with your provider OR work to suspend the line
- Ensure your family members have all your transportation, accommodation, and contact information
- Notify your bank(s) of your travel dates and destinations if you plan to use credit/debit cards abroad
- Verify if you will have access to the Internet at your destination
- Bring a gift for your host family (if applicable)
- Remember no liquids over 3 oz. on the airplane and those must be in a Ziploc bag
- Remember to wear socks to the airport because you will have to take off your shoes to go through security
- Research your airline(s) for baggage fees and weight/size restrictions
- Keep all of your important documents, some toiletries, and a change of clothes in your carry-on bag
- Research dress restrictions for destination countries and any countries you are stopping over in

Important Travel Items:

- Airline tickets, hotel confirmations (in English and host language), itineraries, etc.
- Insurance card (or copy)
- Valid passport and visa (make two photocopies of your passport; keep your passport in a secure location)
- Second photo ID (driver's license, birth certificate copy)
- Spending money (cash - have small bills for tips, credit/debit cards)
- Orientation and course materials
- Journal/notepad and pens
- iPod, MP3 player or other electronic devices for diversion
- Camera/video camera and charger or disposable camera
- Backpack
- Luggage locks to put on your backpack while wearing it in public
- Purse or wallet
- Change holder
- Cell phone and charger
- Electricity converter and adapters
- Alarm clock with batteries
- Refillable water bottle (ensure tap water is safe before drinking)

Clothing:

- Hat (for sun protection)
- Sunglasses
- Appropriate outer wear:
 - COLD WEATHER TRAVEL: coat, gloves, boots, hat, scarf
 - WARM WEATHER TRAVEL: light jacket or sweat shirt
- Appropriate clothing for the destination for each day of the trip (no military apparel!):
 - COLD WEATHER TRAVEL: long johns, long pants, jeans, sweaters, turtlenecks (dress in layers)
 - WARM WEATHER TRAVEL: jeans, shorts, dresses, skirts, tank tops, polos, T-shirts
- Sneakers, walking shoes (don't wear flip flops in public)
- Underwear (bring extra), undershirts, socks (bring extra), belts
- Sleeping clothes
- Workout clothes
- Poncho/raincoat/small umbrella
- Evening wear and shoes for any formal event

Toiletries and Medication:

- Toiletries bag (to carry items to and from the bathroom)
- Toothpaste and toothbrush
- Deodorant
- Shaving items (cream, razors)
- Feminine hygiene products
- Skin moisturizer
- Sunscreen
- Make-up
- Hair care products (shampoo, conditioner, gel, hair spray)
- Hair care accessories (hair clips/ties; do not bring electronics such as flat irons or hair dryers)
- Bath towel and wash cloth (light weight)
- Body soap
- Hand sanitizer
- Tissues (small size to carry with you; not all bathrooms abroad have toilet paper)
- Personal medications (pain reliever, indigestion relief, etc.)
- Prescriptions, medications, and asthma inhalers (with **current** prescription labels)
- Glasses, contacts, solution
- Nail clippers, tweezers
- Bug repellent (Cutter's stick is least messy)
- Contraceptives
- Earplugs

Miscellaneous (as applicable by program type):

- Laptop and charger
- Bathing suit and beach towel
- Laundry bag for dirty clothes
- Bed linens (may be cheaper to buy some when you arrive)
- Personal first aid items (band aids, Neosporin, anti-itch cream)

Other:

Here are some helpful packing links:

- <http://thestudyabroadblog.com/study-abroad-packing-list-2-2/>
- <http://www.gowithcea.com/study-abroad-packing.html>
- <http://www.everydayhealth.com/healthy-travel/packing-the-right-attire.aspx>
- <https://www.youtube.com/watch?v=QBTRXLGtA8o>