

valenciastudyabroad: Student Online

Manual:Recommended Packing List

The items that you pack will vary by country and program type. Ask your Program Leader for details.

Before You Go:

- Verify your [international calling](#) access on your personal cell phone with your provider.
- Ensure your family members have all your transportation, accommodation, and contact information (Emergency Contact Form)
- Verify if you will have access to the Internet.
- Bring a gift for your host family (if applicable).
- Remember no liquids over 100 ml on the airplane and those must be in a ziplock bag.
- Remember to wear socks to the airport because you will have to take off your shoes through security.
- Check to find out the fee for checked baggage so you can plan accordingly. Fees are high these days!
- Keep all of your important documents, some toiletries, and a change of clothes in your carry on bag.
- Inquire about any [dress restrictions](#) for women in the country, especially Muslim countries (remember airport layovers too).

Important Travel Items:

- Airline tickets, hotel confirmations, 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, traveler's checks, credit cards)
- Bilingual dictionary
- Travel guidebook for your destination
- Orientation and course materials
- Journal/notepad and pens
- Reading materials, playing cards, travel board games for the airplane
- ipod, MP3 player or other electronic devices for diversion
- Camera/video camera and charger or disposable camera
- Backpack and fanny pack
- Purse or wallet
- Change holder
- Cell phone and charger
- [Electricity converter and adapters](#)
- Alarm clock with batteries
- Refillable water bottle

Clothing:

- Hat (for sun protection)
- Sunglasses
- Appropriate outer wear:
 - o FALL/WINTER TRAVEL: coat, gloves, boots, hat, scarf
 - o SPRING/SUMMER TRAVEL: light jacket or sweat shirt
- Appropriate clothing for the destination for each day of the trip (no military apparel!):
 - o FALL/WINTER TRAVEL: long johns, long pants, jeans, sweaters, turtlenecks (dress in layers)
 - o SPRING/SUMMER TRAVEL: jeans, shorts, dresses, skirts, tank tops, Polos, T-shirts
- Sneakers, walking shoes, flip flops or sandals
- Underwear (bring extra), undershirts, socks (bring extra), belts
- Pajamas, robe, slippers
- Workout clothes

- _____ Poncho/raincoat/small umbrella
- _____ Evening wear and shoes for any formal events

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 dryer, flat iron, curling iron, hair clips, Scrunchies)
- _____ Bath towel and wash cloth (light weight)
- _____ Body soap
- _____ Baby wipes (antiseptic)
- _____ Hand sanitizer
- _____ Tissues (small size to carry with you; not all bathrooms abroad have toilet paper)
- _____ Personal medications (pain reliever, Imodium/Pepto Bismol, Benedryl, Chapstick)
- _____ Prescriptions, medications, and asthma inhalers
- _____ Eyeglasses and/or contacts and solution
- _____ Nail clippers, tweezers
- _____ Bug repellent (Cutter's stick is least messy)
- _____ Contraceptives

Miscellaneous (as applicable by program type):

- _____ Laptop and charger
- _____ Your family photos
- _____ Bathing suit and beach towel
- _____ Laundry bag for dirty clothes
- _____ Bed linens
- _____ Personal first aid items (band aids, Neosporin, anti-itch cream)
- _____ Strong flashlight and extra batteries
- _____ Mini battery-operated fan
- _____ Canteen or bottles for water/cup with lid
- _____ Earplugs
- _____ Sleeping bag
- _____ Clothes hangers

Other:

Here are some articles on packing:

- <http://thestudyabroadblog.com/study-abroad-packing-list-2-2/>
- <http://www.careersandcolleges.com/tp2/cnc/articles/view.do?cat=now-what&article=packing-tips>
- <http://www.diversityabroad.com/packing-study-abroad>
- <http://www.gowithcea.com/study-abroad-packing.html>
- <http://www.everydayhealth.com/healthy-travel/packing-the-right-attire.aspx>