RECOMMENDED PACKING LIST FOR STUDY ABROAD

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
____ 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:
   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, flip flops or sandals
____ Underwear (bring extra), undies, 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/Pepito Bismol, Benedryl, Chapstick)
____ Prescriptions, medications, and asthma inhalers
____ Eyeglasses and/or contacts and solution
____ Nail clippers, tweezers
____ Bug repellant (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:

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Here are some articles on packing:
http://thestudyabroadblog.com/study-abroad-packing-list-2-2/
http://www.diversityabroad.com/packing-study-abroad
http://www.gowithcea.com/study-abroad-packing.html