PACKING TIPS FOR OVERSEAS PROGRAMS

*Go light, wash frequently, minimize weight and volume*

Travel with no more baggage than you can easily carry. Be sure to check with your airline for their weight and size restrictions.

**THINGS TO PUT IN YOUR CARRY-ON**

- Passport
- Health Insurance Card
- Ball Point Pen (to complete forms when you arrive in your host country; write down information)
- Credit and ATM cards, US cash (suggested: $50) and some currency of the host country (suggested: equivalent of $50 US)
- Copy of Travel itinerary; names and phone numbers of ground transportation (taxi, bus, metro) and final destination (hotel, university). If possible, print copies of public transportation maps, and a map detailing the area around your final destination before you leave.
- Access numbers for your U.S. phone company and the company’s long distance calling card. Alternately, you can use a phone service local to your host country, using either a prepaid SIM card or cell phone.
- Ear plugs and/or eye shades, headphones
- Jacket/Sweater
- Time-Passers (books/magazines, mp3 player, handheld games, snacks, etc)
  - Laptop with appropriate plug adapters for the country(-ies) you are travelling to
- Change of clothes or two (with toiletries for about 24 hours) in case of lost luggage

**NOTE:** Please abide by airline standards for allowable items (1 qt size bag holding liquids/gels, etc. of less than 3 oz.)

**HOW TO PICK/PACK YOUR SUITCASE**

You should plan to pack in only one suitcase for your outward journey; the best are rolling duffel bags, the kind with retractable wheels, or “Travel Packs” that can convert from suitcase to backpack. Leave as much room as possible for souvenirs on your return, or pack a second soft-sided, collapsible bag simply for that purpose.

**Clothing**

Be sure to take clothes that are easily washed and dried and require minimal ironing. You may not have access to a washer/dryer at some points on your trip and will have to wash clothes (for example) in a hotel bathroom and hang dry. Work around a basic scheme of mixing, matching, and layering (do not restrict any one clothing item to a single outfit). We suggest you take a waterproof jacket. You should also read up on the country(-ies) you will visit to be sure your clothing will be appropriate for the temperature as well as for the culture. You want to be comfortable, but you definitely don’t want to stand out as a tourist…that will make you much more susceptible to theft and robbery.
**Numbers for packing light:**

- For a semester exchange program:
  - 5-6 bottoms, 10-12 tops (allow for layering and seasonal changes)
  - 2 jackets (one waterproof, other climate appropriate)
  - Enough undergarments to last a week

- For a summer program
  - 2-3 bottoms, 5-6 tops (allow for layering)
  - 2 jackets (one waterproof, one light)
  - Enough undergarments to last 3-4 days (plan to wash frequently)

**Shoes**

You **must** have a comfortable pair of walking shoes. Make sure you have casual shoes as well as a pair of dress shoes. If you're going to use a hall shower, think about taking a pair of flip-flops.

**Personal Hygiene, Toiletries, Etc.** (some of this can be bought upon arrival)

- Toiletries: toothbrush, toothpaste, shampoo, soap, face wash, deodorant, razor (non-electric), comb/brush, dental floss, etc.
- Washcloth/ Towel
- Any prescription drugs you might need for the duration of your trip (talk to your doctor about getting them ahead of time)
- Small collapsible umbrella
- Small flash light
- Personal First Aid kit: Band-Aids, antiseptic, pain reliever, tweezers, lip balm, cold medicine, etc.
- Spare pair eye glasses/contacts, contact solution

**School Supplies** (some of this can be bought upon arrival)

- Textbooks
- Notebook and paper (You may find that American notebook paper doesn’t fit into notebooks purchased in other countries and vice versa.)
- Pens and pencils
- Calculator
- Anything you’re accustomed to using to organize yourself academically

**Miscellaneous Items**

- Map of host country/city and/or guidebook with local listings, cultural info, etc.
- Camera with extra memory
- Small sewing kit
- Swiss army knife (pack this in the bag that you check, NOT your carry-on!)
- Combination lock for suitcase, especially for traveling on weekends or staying in hostels
- Converter and adapter (U.S. electrical devices will not work abroad without an adapter and/or converter so this is a “must” if you need to take electrical devices with you. Country specific travel guides/books usually indicate the voltage & AC frequency needed.)
Chargers or spare batteries for any electronics you are taking
Travel journal

MORE PACKING TIPS

If possible, avoid pressurized containers since they are more likely to leak or “explode” during the flight.

Pack all containers of liquids in zip lock bags.

Do not take expensive jewelry items.

Be sure you have a list of the phone numbers for all of your credit and ATM cards so that you can call to have them replaced if they are lost or stolen. Also, leave a copy of this list in the U.S. with someone you trust.

Keep a copy of your passport in a different place than your actual passport. Leave a copy of your passport in the U.S. with someone you trust.

Keep prescription drugs in their original containers so that if your luggage is checked it will be easy for the Customs official to know which kind of medicines you have.

There are lots of web sites that give detailed lists of what to pack and/or packing tips. A few we suggest you check out are:

www.onebag.com
www.studyabroaddomain.com/packing.aspx
www.independenttraveler.com/resources/article.cfm?AID=96&category=9

Remember that your luggage may be subject to inspection by the Customs Officials at your foreign destination. You may wish to contact the foreign embassy/consul of the country that you will be visiting. Contact information can be found at: http://travel.state.gov