

Summer Abroad Packing List

What to bring

- Clothing
 - 1 semi-dressy outfit
 - 1 or 2 business casual outfits
 - casual clothes (polo's, khaki pants, jeans)
 - night clothes
 - travel bag/fanny pack
 - swim suits
 - beach towel
 - comfortable walking shoes, flip flops for showers
- Hygiene Products
 - toothbrush, toothpaste
 - comb/brush, hair products (shampoo, conditioner, hair spray, etc.)
 - deodorant, cologne/perfume
 - makeup
 - feminine products
 - shaving kit
 - contact lens case & solution, glasses
- Medication
 - prescription medicines
 - over-the-counter medicines, such as: Tylenol/Ibuprofen, pill form of Pepto-Bismol, Anti-diarrhea medicine, Dramamine
 - general first aid kit
 - eye drops, nose spray
 - contraceptives
- Miscellaneous
 - re-sealable plastic bags
 - clothes pins
 - sunscreen
 - travel toilet paper or tissue
 - liquid hand sanitizer
 - hair ties
 - phone and camera chargers
 - converter/adapters for electrical appliances
 - alarm clock
 - travel umbrella
 - travel hairdryer (some come with voltage settings)
 - phone cards
 - notebooks, folders, pens (paper can be expensive in some countries)

Handy Traveler's Tips

- ❖ Check the [Weather Channel's 10 day forecast](#) before you leave so you can bring appropriate clothing.
- ❖ Remember when you pack for a study abroad trip that you are going to stand out because you are a foreigner, so don't make it worse by wearing something

offensive. If you have to think about whether or not to pack a particular item, it's probably best not to pack it.

- ❖ Keep the amount of jewelry you bring to a minimum. Don't bring Grandma's hundred year old pearl earrings. If you don't want to lose it, don't bring it!
- ❖ Ladies, leave your purses at home. You don't need your car keys. You will be carrying a *lot* of stuff with you, so you will need something a bit larger. Men, a bag of some kind is crucial to making sure you are prepared wherever you are.
- ❖ A great way to get more into your suitcase is to purchase space bags with which to pack. These bags can be found in the luggage aisle in Wal-Mart. You can pack twice as much by compressing your clothing in these bags.
- ❖ Try to bring clothing that travels well and will not wrinkle easily.
- ❖ When packing hygiene and toiletry products, remember to be prepared! However, if you forget anything, don't panic. You can probably find a Wal-Mart or its equivalent in the country to purchase whatever you've forgotten.
- ❖ Bring quart size and gallon size re-sealable plastic bags. When you are packing all of your liquid items in your checked luggage, seal everything in gallon size bags. Your baggage will be thrown around and your liquid items may open or burst. If they are contained in the baggies, your clothing will still be ready to wear.
- ❖ Remember to pack anything made of a liquid, gel, lotion, or paste in a sealed bag in your *checked baggage*. You cannot carry these items onto the plane.
- ❖ In many countries, washcloths are uncommon. You may want to bring one. Or, you may want to bring liquid bath gel and a shower puff.
- ❖ If you need to use a curling iron, hair straightener, or hair dryer, make sure it has a low wattage, you will also need converters and/or adapters to use them.
- ❖ If you have prescription medications, make sure to pack the medication in the bottle you received from the pharmacy. Keep these types of medication in your carry-on luggage. Refills on medication are somewhat difficult to get in foreign countries.
- ❖ Pack all of your medication in your carry on. In addition, make sure to pack all of your electronic devices such as your camera, cell phone, computer, iPod, and so on in your carry on luggage.
- ❖ Before you leave, check to see if your cell phone will work in the foreign country.
- ❖ Bring clothespins, so that if you did not wear your clothes for very long or if you did not get really hot, you can pin up your clothes and wear them again the next day. Don't worry, in other countries it is much more common to wear the same clothes several days in a row.
- ❖ Pack at least one change of clothing in your carry on luggage. Checked luggage sometimes does get lost, and when you get off of a twelve hour flight you will

want a fresh change of clothing when you finally get settled at the hotel/room/dorm.

- ❖ Make a copy of your passport and place one copy in each piece of luggage that you check. If your luggage is lost, it will be easier to claim if the luggage contains the same identification that you are carrying. Also, be sure to clearly mark every piece of your luggage with your name and address, inside and out.
- ❖ Try to pack as lightly as possible, it's tough trying to get around when you have more than one suitcase. If you are bringing only one bag, pack an extra bag inside of it. If everything you are bringing fits into a smaller bag, place the smaller bag inside a larger bag just to make sure you have enough room in your luggage for souvenirs on the way back.
- ❖ Try to buy the travel size of whatever hygiene product you can find. You will not use an entire average bottle of product even on the two week trips. With the strict weight limits on some flights, the less weight you are carrying initially, the more you can bring back as souvenirs.
- ❖ Your passport, identification, and money should stay with you at all times.
- ❖ Notify your bank and credit card company when and where you will be traveling. If you use your credit card at an airport in a certain country, and your bank does not know you are there, the fraud department will take away your credit card access. This is particularly important to remember for the countries in which you have a layover.
- ❖ See Cyndi for a Go Abroad e-Kit calling card, or purchase a calling card before you leave. AT&T is the most widely accepted calling card. Be sure to look up the country code before you leave. The only code on the back of the card is for domestic use. It might be a good idea to purchase a card with another person in your group, as you may not use all of the minutes provided on the card by yourself.
- ❖ If you are bringing any electronics, purchase an adaptor and converter. If you are bringing a computer, read the power cord. Most computers have built in converters.
- ❖ If you pack breakable objects for your trip back home, wrap a shirt around each object and stuff it in a shoe. If you run out of shoes, pack your breakables in between your clothing.
- ❖ Be sure to research the climate of the country you are visiting, as well as the current weather conditions of that country. Sometimes the country might experience unusual weather, so be prepared!
- ❖ If you bring a camera, be sure to have plenty of film and, if it is a digital camera, to have plenty of space on your memory card. You might take more pictures than you think!
- ❖ Bring a list of emergency phone numbers and important e-mail addresses, just in case you need to get in touch with someone while you are gone. Keep emergency numbers in your wallet.

- ❖ Don't forget to bring all of the school work that you have been given, including paper and a pen with which to take notes. This is good reading material on the long flight!