

# Study Abroad Packing Checklist

Whether you're abroad for six days or six months, here's an idea of what you may need to bring. Remember to pack light and know you can buy additional items in the overseas country as needed.

## Clothing:

- 5 shirts: long & short-sleeve
- 2 pairs casual pants
- 1 sweater or lightweight fleece
- 2 pairs nice pants/skirts/dresses
- 2 pairs button up shirt/ blouse
- 1 pair shorts
- 1 swimsuit ☺
- 7 pairs underwear and socks
- 1 pajamas/nightgown
- 1 pair walking shoes
- 1 pair dress shoes
- 1 rainproof jacket with hood
- Tie or scarf and belt

## Documents & photocopies of them:

- Passport & visa
- Printout of airline e-ticket/confirmation
- Driver's license
- Student ID card
- Insurance details
- Other study abroad documentation
- RFID money belt
- RFID Credit Card/ passport Shield

## Electronics—your choice of:

- Cellphone (ready for visiting country)
- Camera (and related gear)
- MP3 player (ipod etc)
- Laptop/notebook
- Chargers & adapters for each

## Money—your mix of:

- Debit card (notify bank!)
- Credit card (notify bank!)
- Some local currency (from bank)

## Travel needs:

- Snacks
- Daypack
- Wristwatch & alarm clock
- Earplugs /neck pillow/ eye pillow
- Reading Book
- Map of area
- Travel book (such as Lonely Planet)
- Small flashlight
- Whistle

## Toiletries items:

- Travel toiletries (soap, shampoo, toothbrush, toothpaste, floss, deodorant, sunscreen) (*you can buy more when you are there*)
- Medication & written prescriptions
- Vitamins
- Glasses/contacts, solution & written prescription
- Hand sanitizer
- Travel tissues
- Small towel

## “Keeping in contact” items:

- Address list for sending postcards
- Photos and pictures from home
- Emergency contact information
- Notepad, journal and pen
- 10x small gifts for hosts**

**Remember!** For carry-on luggage, liquids must be in 3oz or smaller containers & fit in a single quart-size baggie.