

Packing List

Here by popular demand. Keep in mind your needs may vary significantly based on program location and type. This list is secondary to anything required or recommended by your program!

This list was created with semester/year terms in mind. Adapt to a shorter program by subtracting what is not needed due to shorter duration of stay, weather, location, etc.

Clothing

Choose basics that coordinate and are good for layering. Darker colors mean less laundry.

- 2-3 pairs of pants/skirts
- 5 short sleeve shirts/tanks
- 1-2 long sleeve shirts
- 1-2 sweaters
- Undershirts
- Socks and Underwear (two weeks' worth)
- 1-2 pairs of shorts
- One nicer outfit for formal occasions
- A belt
- 1-2 sets of workout clothes
- Pajamas
- Swimsuit
- Warm coat
- Light, waterproof jacket
- Flip flops for warm climates, or hostel showers
- Sneakers
- Dressier shoes or boots that are still good for walking
- Watch (leave expensive jewelry at home)
- Cold weather gear

Toiletries

You can: 1) buy once abroad so you don't have to carry them, or 2) bring them along; at the end of the term you'll have extra room for souvenirs.

- TSA Compliant Toiletry Kit/ 1-quart zip-top bags
- Shampoo/Conditioner
- Toothbrush/toothpaste
- Soap/shower gel
- Deodorant
- Feminine Products
- Brush/Comb
- Razors and shaving supplies

- Glasses/Contact lenses and solution
- Nail clippers
- Makeup
- Vitamins
- Over-the-counter medicines
- Any prescription drugs for the length of stay (Bring the prescription or doctor's note. Keep pills in original bottles. Know how you will get prescriptions refilled if needed.)
- MP3 Player/ iPod
- Travel tissues/toilet paper

Other items

- PASSPORT!!!!
- A copy of flight itinerary
- Student ID (for discounts)
- Some cash in the local currency
- Purse/wallet
- Money belt
- Sunglasses
- Cell phone (Check with your provider for international plans, or get a phone onsite.)
- 1-2 outlet adapters for phone charger/laptop/camera etc.
- Laptop
- Flash drive
- Camera
- Sleep sack/sleeping bag (optional: most hostels have sheets, some don't, some charge for them)
- Journal/diary (You'll be learning a lot; document your experiences!)
- Backpack/daypack
- Travel water bottle
- A few bags for dirty laundry
- Gifts for your host family - consider bringing something from your hometown/state

Buy onsite

- Toiletries (optional, see above)
- Appliances such as hair dryers, straighteners, etc. A voltage converter (significantly more expensive than an outlet adapter) will be required to operate U.S. appliances, and it is often more economical to simply buy the new appliance.