Study Abroad Packing List

Below is a helpful guide for what to pack. The list should be adjusted according to the length and seasonal weather you will experience during your stay abroad.

Clothing:

- Walking shoes
- Flip flops or shower shoes (must have for hostels and many residence halls)
- Socks
- Underwear
- Shorts
- Skirt/trousers
- Shirts
- Rain jacket
- Light jacket
- Bathing suit
- Hat
- Nice clothes for going out
- T-shirts
- Winter gear such as hats, scarves, gloves, and coat

Learn the typical climate of the locations you plan to visit. You can acquire other inexpensive items in your host country that will have the advantage of fitting with the current trends in fashion and make you less identifiable as a foreigner.

Medicine and toiletries:

If you chose to put any of the items below in your carry-on luggage, all liquids, gels and aerosols must be in three-ounce or smaller containers. Items must also be placed in a single, quart-sized, clear zip-top plastic bag.

- Prescription medicine: clearly marked with patient name, physician name, drug name, dosage, and written physician prescription explaining the condition and use.
- Over-the-counter unopened medication (i.e., any medications you take on a regular basis or those that are especially effective for you): Although your host country may have the same drug, it is probably called something different and may be difficult to identify at your time of need or not available at all.
- First Aid Kit: include bandages, first aid tape, antiseptic wipes, burn cream, extra-strength aspirin, anti-diarrhea medication, antihistamines, and first aid guide
- Comb and/or brush
- Sunscreen, moisturizers, bug repellant
- Deodorant/antiperspirant
- Razor
• Tampons/sanitary pads
• Contraceptives/birth control/prophylactics
• Eyeglasses, sunglasses, contact lenses and cleaning solution
• Cosmetics
• Shampoo, conditioner, soap
• Hand sanitizer

Important Documents:

• Passport
• Visa
• Medical insurance card
• Airline tickets/Itinerary
• Credit card, debit card, some cash (U.S. and foreign currency)
• Identification (at least two)
• Copies of all important documents - passport ID page, visa, acceptance letter
• Acceptance letter
• Bank and cell phone company info.
• Your host university’s contact information

Miscellaneous Items:

• Camera
• Alarm clock
• Ipod
• Travel journal
• Books, guides, and maps
• Day pack
• Travel sewing kit (can be very handy)
• Plastic Ziploc bags
• Water bottle
• Adapter and voltage converter
• Laptop computer and charger
• School Supplies
• Umbrella
• Bath towels
• Sheets, pillows, blanket/comforter
• International cell phone and charger

Many of the listed Items can be purchased once you arrive in your host country.