

## Packing Tips for Study Abroad

1. Identify your belongings. Display your name and permanent address, as well as your overseas contact address on labels outside and inside your luggage, this way, if your outside label is lost, your belongings may still be identified.
2. Check with the airlines to learn about their policy regarding luggage. Most airlines allow international travelers to check two pieces of luggage, up to 70 pounds, and to bring one small carry-on. Make yourself aware of your airline's policies.
3. Limit yourself to the essentials. You will no doubt acquire things overseas. When packing for your trip, try to limit yourself to the 2-bag rule so that you aren't bogged down on your return trip.
4. Pack all valuables in your carry-on bag. This includes traveler's checks, cash, identification cards, visa, and passport.
5. Keep your passport with you at all times. In addition, bring two photocopies with you and store them in different locations.
6. Establish contact ties with the IEEP office! Leave a photocopy of your passport, visa page, travel itinerary, and overseas contact information with your study abroad advisor.
7. Keep in touch with your relatives. Understand that this is going to be taxing experience for your relatives. Please be sure to remain in contact with them throughout your trip so that they are aware of your well-being. In addition, also leave with them copies of your passport, visa page, travel itinerary, and overseas contact information, as well as credit card numbers and other important information.

### General Suggestions: What do I Pack?

- A. Clothes. The items of clothing you take with you depend largely on the climate of the country to which you are traveling. In general, we suggest that you pack the following, omitting any seasonal items not relevant to the climate in your country of choice:
- |                              |   |
|------------------------------|---|
| * Warm coat/jacket           | * Two pairs of sturdy, comfortable walking/athletic shoes |
| * 10 shirts/blouses/sweaters | * 1 pair dress shoes                                      |
| * 4 pairs of pants, 2 belts  | * 1 pair sandals/flip flops/shower shoes,                 |
| * 2 pairs of shorts          | * 10 pairs socks and underwear                            |
| * 1 bathing suit             |   |
- B. Toilet/Bathroom Articles. Please note that this items will be available to you overseas, however, if you have preferred or trusted brands that you feel most comfortable/confident using, pack them along. Among the suggested items are:
- |                          |   |
|--------------------------|---|
| * Comb/brush,            | * over-the-counter medicines (you may want to pack cold medicine in case of a cold due to change of weather,) |
| * toothbrush/paste,      | * basic bathroom supplies (i.e. shampoo, conditioner, soap, etc.)   |
| * sunscreen              | * min/travel-size hair dryer**  |
| * hand/body lotion,      | * contraceptives.   |
| * contacts/eyeglasses,   |   |
| * medical prescriptions, |   |
| * deodorant,             |   |

\*\* Electrical current in your host country may be supplied at different volts and cycles (American standard is 110 volts, 60 cycles.) Therefore, for any appliances you bring with you, such as personal computers, hairdryers, alarm clocks, etc., you will need a plug adapter and a transformer.

C. Bedding and Towels.

- \* Check with your program to see if these will be provided.

D. School Supplies. Again, these items will be available to you abroad, so use your best judgment when allotting luggage space for these items.

- \* Calculator (depending on the functions, calculators can be pricey, so if you will definitely be needing one which you already own, take it with you,) pens, notebooks, etc.

E. Miscellaneous.

- \* Alarm clock with extra batteries
- \* Small flashlight
- \* Journal
- \* Copy of your travel itinerary
- \* Travel guide book such as Lonely Planet, Let's Go, Rough Guide, etc.
- \* Compact umbrella/rain gear
- \* Personal computer\*\*
- \* Camera\*\*, 5-10 rolls of film
- \* Address book
- \* Combination lock
- \* Four extra passport-sized photos
- \* Walkman
- \* Pictures of your loved ones.
- \* Open mind/flexibility/patience/sense of humor

\*\* Use caution when traveling with expensive items. Ensure its safe keeping. In addition, make sure you are aware of adaptability in your host country, and, bring your computer's purchase receipt in case you are questioned in customs.