

# Travel Study Packing List

## Checked Bag

### **Must have:**

- Address inside and outside
- Comfortable walking shoes – preferably black or brown
- Two Business casual outfits for company visits
- One nice outfit for dinner party
- One or two pairs of jeans
- Waterproof jacket/winter coat/sweater (if applicable)
- Anything over 3 ounces that is liquid (in a zip lock bag so it won't leak on your clothes in transit)

### **May also want to bring:**

- Flip Flops for shower shoes
- Space bags for compressed packing
- Extra (collapsible) bag for return home
- Batteries (they are expensive abroad)
- Cheap hairdryer (if needed)
- Converters/Adapters for electronics
- Wash cloth or shower puff (uncommon overseas)

## Carry On Luggage

### **Must have:**

- Over-the-Counter medications
- Prescription medications
- One or two changes of clothing
- Bilingual dictionary and/or phrasebook
- Hand sanitizer
- Small pack of tissues
- Passport
- Identification
- Money
- Total liquids must be less than 3 ounces

### **May also want to bring:**

- Adapter
- iPod
- Camera
- Computer
- Cell Phone IF you have one that will work abroad. (If your phone won't work abroad, you probably should not bring it.)

## What to leave at home...

1. *Expensive Jewelry* – it could get lost, so if you don't want to lose it, don't bring it!
2. *Offensive clothing* – as a foreigner, you will already stand out; if you have to think about whether or not to pack it, then don't.
3. *Purses* – you will be carrying a lot with you; a small bag with a sturdy strap you can wear across your shoulders will be most suitable.
4. *Expensive hair care appliances* – the difference in voltage can ruin the appliance; bring one with low wattage or buy a cheap one there.
5. *Sweatpants or exercise clothes* – these are not street clothes in Europe and are inappropriate unless being used for actual exercise.

# Packing Tips

If you're not sure you'll need it, don't bring it!

- You will thank yourself for packing light.

## Weather

- Research the climate of the country you are visiting, as well as the current weather conditions to help you pack accordingly. Check the [Weather Channel's 10 day forecast](#) before you leave so you can bring appropriate clothing.

## Bags

- Find out baggage limit for you airline, such as number of bags, weight, and size restrictions.
- It is better to bring two small bags than one big one. You may need to walk a lot and carry your bags up and down stairs. Also, bring a backpack that is big enough fit belongings, souvenirs, homework, etc., to wear daily.
- Mark luggage with your name and address inside and out.
- Make a copy of your passport and place one copy in each piece of luggage that you check to make it easier to claim lost luggage should this occur. Also, leave a copy at home with family.

## Items for class

- Don't forget to bring school work that you have been given, including paper and a pen to take notes.

## Clothing

- Bring clothing that travels well and will not wrinkle easily. Favor dark colors (that won't show spots). Ideally, everything you bring should be able to work together and be interchangeable.
- Be aware when you are packing that it is common in other countries to wear the same clothes several days in a row.

## Liquids

- When packing hygiene and toiletry products, use travel sizes to eliminate extra weight. More can be purchased if needed while you are there.
- Bring quart/gallon size resealable plastic bags to pack liquid items. Your baggage will be thrown around a lot, and this will prevent damage to clothes.
- Remember to pack anything made of a liquid, gel, lotion, or paste in a sealed bag in your **checked baggage** due to new restrictions on airlines. Even lipstick and gloss are liquids!

## Contact Information

- Bring a list of emergency phone numbers and important email addresses, just in case you need to get in touch with someone while you are gone.

## Medicine

- It is a good idea to meet with your group and assign OTC medications for each member to bring to reduce baggage. OTC medicines aren't always as easy to find as they are here.

- Make sure to pack prescription medications in the bottle you received from the pharmacy. Bring enough to last the whole trip. Refills are difficult to get in foreign countries.

### Electronics

- If you bring a computer, read the power cord to see if it has a built in converter. Buy converters and adaptors for all other electronics.
- 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 that you think!

### Valuables

- Do not put any valuables in your backpack, especially in outer pockets, and do not put them all in the same place! (This includes money, ATM & credit cards, passports, etc.)
- One of the most popular souvenirs that you can bring back is foreign currency. Save your change!

### Breakables

- 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.

**We can't say it enough... be sure to pack light!**

