

## Packing for a Semester Abroad

Please use the below list as a guideline to pick and choose what is essential for you. Please refer to the website for the most up-to-date packing list. Do additional research to identify items you may want to bring abroad. This is a basic list for reference.

### Clothing

- Water resistant footwear
- Sturdy hiking/walking shoes
- Pair of flip-flops
- Socks
- Underwear
- Shorts
- Swimsuit
- Hat
- Professional outfit (a nice pair of pants/skirt; nice button-down top or blouse)
- Skirts/pants
- Shirts
- Scarves and gloves
- Sweaters/sweatshirts
- Jackets/coats (for various weather conditions)
- Sleepwear
- Athletic wear (for exercising, sports, hiking)

### Medicines and Toiletries

- Prescription medicine  
*Make sure you can travel internationally with your prescription; verify what documentation you need to legally transport your prescription. If possible, consult with your doctor about obtaining a supply of all medications for the duration of the program.*
- Comb/brush
- Travel sized toiletries and cosmetics
- Deodorant
- Over-the-counter medicine
- Feminine hygiene products
- Razors/nail clippers
- Extra eyeglasses and sunglasses
- Contact lenses and solutions
- Sunscreen/bug spray

### Documents

Please refer to your specific visa/travel process for documents or materials you will need to travel with. The below items are a general guidance for all students.

- Passport
- Visa documents (if applicable)
- Flight Itinerary (boarding pass will be issued directly to the participants by the airline at the airport)
- Photo ID
- Copies of all credit/debit cards, passport and visa (and leave copies at home)
- Health insurance card/documentation
- Emergency contact and arrival information

### Miscellaneous

- Laptop/charger
- Adapter and voltage converter
- Phone/charger (and/or camera)
- Portable charger
- Headphones
- Earplugs
- Books (or e-readers)
- Water bottle
- Duffle bag/backpack
- Towel/washcloth
- Umbrella/raincoat
- Scientific calculator (only applicable to certain courses)
- (Optional) A small amount of local currency (\$50–\$100)
- Textbooks (if applicable)