

PACKING LIST

Carry-On

- Cash (enough American cash and currency of your host country for emergencies during your travel)
- Cell phone and charger
- Credit card/debit card
- E-reader/book/magazine
- Emergency contact list
- Headphones
- Health insurance card
- ID (school, diver's license, state ID, etc.)
- Medications (enough for a few days - pack the rest in your checked bag)
- Passport
- Spare outfit
- Student visa and acceptance letter from host institution (if applicable)
- Travel itinerary
- Travel pillow
- Travel-sized toiletries (buy full-sized when you arrive)

Clothing

- Athletic sneakers (1)
- Casual dresses (2-3)
- Everyday comfortable shoes, boots, flats (3-4)
- Flip-flops (1)
- Formal outfit (1)
- Hat (1)
- Jackets, including a weather-proof option (2)
- Pajamas (3-4)
- Pants, incl. jeans, leggings, slacks, etc. (4-5)
- Shirts, incl. short/long-sleeve, nice tees, tanks, etc. (8-10)
- Skirts (1-2)
- Sweaters (2-3)
- Undergarments (bras, underwear, socks, etc.)
- Workout clothes (1-2)

Electronics

- Cell phone
- Chargers (laptop, phone, e-reader, etc.)
- Flash drive
- Laptop
- Outlet adapters (1-2)
- USB cable(s)

Toiletries

- Contacts, solution, case, and/or glasses
- Makeup
- Miscellaneous toiletries that may be difficult to find
- Travel-sized toiletries for your first days in-country, then buy regular-sized toiletries after arrival
- Toothbrush

Miscellaneous

- Backpack
- Compact umbrella
- Gifts for your host family, if applicable
- Medications (arrange with your doctor and International Insurance)
- Portable stain remover pen/wrinkle release spray
- Sunglasses

Tips

- Allow several days to consider what you need
- Make copies of important documents (passport, credit cards, etc.) and pack it in your checked-bag in case items are lost or stolen
- Pack neutral, layerable clothes to mix and match
- Re-pack your bag several times
- Visit the [TSA website](https://www.tsa.gov) for airline regulations
- Items to avoid include: expensive jewelry, books, clothes with Greek letters/athletic team logos, food, hair dryer/curling iron/straightener, large electronics, linens, uncomfortable footwear, illegal items in your host country

COVID-19 Safety: sanitizing wipes, hand sanitizer, vaccine card, proof of recent negative test (if applicable, check your airlines regulations), and masks.