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 back)
☐ 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)

☐ 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

Toiletries

☐ Medications (enough for a few days - pack the rest in your checked back)
☐ 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)

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

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

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 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

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