

# SUGGESTED PACKING GUIDE

## CLOTHING

- Shoes: water-resistant, hiking or walking shoes
- Pair of flip-flops
- Socks
- Underwear
- One professional outfit
- Bottoms: pants, skirts, shorts
- Tops: shirts, blouses, sweaters, sweatshirts
- Jacket or coat for various weather conditions
- Scarves and gloves
- Sleepwear or athletic wear (for exercising, sports)
- Swimsuit
- Face Masks
- Hat

## DOCUMENTS

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

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

## MISCELLANEOUS

- Laptop and charger
- Adapter and voltage converter
- Camera
- Phone
- Books, e-readers, and travel guides
- Reusable water bottle
- Duffle bag or backpack
- Towel and washcloth
- Flashlight
- Small umbrella
- Scientific calculator (applicable to certain courses)
- (Optional) a small amount of local currency
- Textbooks (if applicable)

## MEDICINE AND TOILETRIES

- Prescription Medicine: check international regulations; verify what documentation you need to legally transport your prescription. Consult with your doctor about obtaining a supply of all medications for the duration of the program.
- Over-the-counter medicine (check travel regulations)
- Comb or brush
- Travel-sized toiletries and cosmetics
- Deodorant
- Feminine hygiene products
- Razors and nail clippers
- Extra eyeglasses and sunglasses

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