Suggested Packing List

We frequently get requests for packing lists – not because students forgot important items, but because they brought too many things that they didn’t really need! This list isn’t necessarily all-inclusive, but if you find yourself packing much more, you might want to reconsider what you’re adding to your suitcase.

Major tips:

Bring only ONE suitcase that you can lift and maneuver on your own. If you bring a backpack as a carry-on, it can double as a weekend travel bag.

Consider bringing a light duffel bag that will fit into your large suitcase, in case you need an extra bag when you return – extra bag fees are typically cheaper than overweight bag fees. Extra bags can also easily be acquired abroad.

Think about what you might want to buy there, and don’t pack those things!

Only pack wardrobe pieces that are interchangeable and are good for layering. If it can’t be used to make multiple outfits, it doesn’t belong in your suitcase! Items that can be dressed up or dressed down are ideal.

Consider how long it takes for certain clothes to dry – you might not have a dryer, and jeans can take a long time to air dry! Also, try to avoid bringing clothes that wrinkle easily.

Wear the bulkiest clothing items on the plane – airplanes are often chilly, and it will save space!

Clothing to bring

- 2-3 pairs of jeans or pants
- 2-3 skirts or shorts
- 2-3 sweaters
- One sweatshirt
- A few t-shirts
- A few long sleeve shirts
- One formal outfit (more if you will be doing an internship)
- One set of workout clothes
- Thermal underwear (at least one pair)
- 7-10 Pairs of underwear
- 7-10 pairs of socks
- 2-3 night clothing options (one for cold nights, one for warm nights, and one to wear if the other set isn’t dry by bed time – you will likely be air-drying your clothes)
- One swimsuit
- Waterproof jacket or poncho
- Flip flops for showers
- One pair of comfortable, good walking shoes
- One pair of dress shoes
- 1 pair of casual shoes
Other things to consider

- Any prescription medications, in the original packaging, with the prescriptions
- An adapter for electrical appliances (check here to see what kind(s) you need for your destination: [http://bit.ly/1j0gdeU](http://bit.ly/1j0gdeU)) – consider getting a set of adapters
- Gifts for host family members and/or others
- Hairbrush/comb
- Travel shampoos
- Multi-use bars of soap (face & body) are great for traveling
- Extra pair of eyeglasses (or extra contacts) and your prescription
- Nail clippers
- Refillable water bottle
- 1 or 2 purses/carrying bags
- Sunglasses
- Small first aid kit
- Camera
- Laptop
- Chargers
- Flash drive
- Earplugs
- Money belt
- Travel tissues (Kleenex)
- A FEW accessories (you will probably buy new things in your host country)
- Finding hair products and makeup for your hair type and skin tone may be more difficult in your host country
- Flashlight or headlamp

Consider the climate

The list above should be tweaked a bit, based on climate – if you’re going to a warm place, bring less pants and more shorts or skirts, but keep it to 4 or 5 bottoms if possible. Also, consider that though darker clothes show dirt less, they may be more attractive to mosquitos.

If you are going to a cooler climate, bring a hat, pair of gloves or mittens, a heavier jacket, a warm scarf, and a few pairs of heavy socks. If you’re going to a tropical or subtropical location, be sure to bring bug spray with DEET, clothes made of lighter fabric, a hat with a brim, sunscreen, and aloe vera. For mosquito prevention, cover exposed skin and consider treating your clothing with permethrin.

Things to leave at home

- Expensive or sentimental things – if losing it will affect you emotionally, don’t bring it! – theft happens, and it’s not worth the risk.
- Appliances like hair dryers from the US can cause electrical shortages and ruin the appliance when used in other countries. If you need something like this, buy it locally (this goes for most things with cords, other than laptops, which typically have built in power converters).
- Most toiletries can be bought in your host country (deodorant, shampoo, soap, razors, feminine products), but if you feel more comfortable bringing products that you are used to, feel free, as long as they fit in your suitcase!