



Packing List



Packing Tips

- Less is more. There will be opportunities to purchase anything that you truly need.
- Only pack what you are willing to carry up multiple sets of stairs. Try to limit yourself to a backpack and a suitcase, or whatever you're comfortable carrying around town.
- Consider potential excess baggage charges on trains/planes when choosing the size of your luggage (suitcase, backpack, etc).
- This is a basic packing list; check with your program for specifics.



LEAVE AT HOME

- Anything sentimental that would be devastating to lose
- Social security card, or any other cards you won't be using (membership)
- Anything that may be considered a weapon (ex: pocket knife, pepper spray)
- Hair dryers, etc. Purchase in-country



CARRY-ON

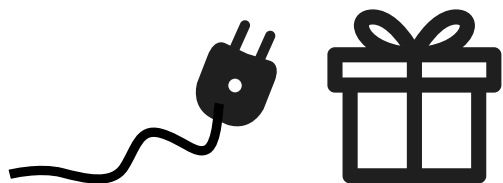
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- | | | |
|-----------------------|--------------------------|---|
| <input type="radio"/> | <input type="checkbox"/> | Passport & visa (plus copies) |
| <input type="radio"/> | <input type="checkbox"/> | Driver's license/photo ID |
| <input type="radio"/> | <input type="checkbox"/> | Plane ticket(s) |
| <input type="radio"/> | <input type="checkbox"/> | Printed arrival instructions |
| <input type="radio"/> | <input type="checkbox"/> | Host family address (if applicable) |
| <input type="radio"/> | <input type="checkbox"/> | Credit/debit cards |
| <input type="radio"/> | <input type="checkbox"/> | Cash in local currency |
| <input type="radio"/> | <input type="checkbox"/> | Health insurance information |
| <input type="radio"/> | <input type="checkbox"/> | Prescription medications in original container with doctor's note |
| <input type="radio"/> | <input type="checkbox"/> | Cell phone & charger |
| <input type="radio"/> | <input type="checkbox"/> | Laptop & charger |
| <input type="radio"/> | <input type="checkbox"/> | Camera (if you're taking one) |
| <input type="radio"/> | <input type="checkbox"/> | Headphones |
| <input type="radio"/> | <input type="checkbox"/> | Emergency outfit (in case of major delay or lost luggage) |
| <input type="radio"/> | <input type="checkbox"/> | Toothbrush & toothpaste |
| <input type="radio"/> | <input type="checkbox"/> | Hand sanitizer and masks |
| <input type="radio"/> | <input type="checkbox"/> | Jewelry/valuables |



TOILETRIES

- ☐ ☐ Small first aid kit
- ☐ ☐ Hair brush/comb
- ☐ ☐ Glasses/contact lenses
- ☐ ☐ Shaving supplies
- ☐ ☐ Mini shampoo/conditioner
- ☐ ☐ Hygiene products
- ☐ ☐ Lip balm
- ☐ ☐ Preferred skincare/makeup
- ☐ ☐ Nail file/clippers



EXTRA ITEMS

- ☐ ☐ Gift for your hosts, and photos from home to share
- ☐ ☐ International travel adaptor
- ☐ ☐ A book and/or a journal
- ☐ ☐ Travel towel (quick drying)
- ☐ ☐ Ear plugs and travel pillow
- ☐ ☐ Padlock (for hostel lockers)
- ☐ ☐ Reusable water bottle
- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____



CLOTHING

- ☐ ☐ Underwear
- ☐ ☐ Socks/tights
- ☐ ☐ Undershirts/bras
- ☐ ☐ T-shirts
- ☐ ☐ Long-sleeved shirts
- ☐ ☐ Sweater/sweatshirt
- ☐ ☐ Pants
- ☐ ☐ Shorts
- ☐ ☐ Dress/skirt
- ☐ ☐ Nicer outfit (at least 1, for formal events or internships)
- ☐ ☐ Rain coat
- ☐ ☐ Coat/jacket/fleece (check weather for your host country)
- ☐ ☐ Pajamas
- ☐ ☐ Swimsuit
- ☐ ☐ Workout clothes
- ☐ ☐ Comfortable, sturdy shoes
- ☐ ☐ Dress shoes
- ☐ ☐ Flip flops/shower shoes
- ☐ ☐ Accessories/belts
- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____

**Questions? Contact us at
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