



Campus Health Travel Clinic

TRAVEL PACKING

PACKING TIPS

- **DON'T bring more than you can carry yourself**
- Pack sample/travel size toiletries to survive your first few days abroad, then purchase full-size once you're there.
- Prescriptions: Bring enough for length of stay. If longer than three months, you will need to have a plan to refill. Speak with your doctor and insurance company before you leave – prescriptions cannot be transferred.



- Cash – keep in safe place/money belt.
- Credit cards – notify bank/credit card companies that you are going abroad. Not all credit cards will work in train stations/stores abroad. Consider using a card with a special chip imbedded or bringing a Travelex card. Take note of the international fees charged by both your bank and ATMs.



- Cell phone – Your cell phone will not work abroad, unless you can buy a SIM card faring cell phone. A cheap cell phone can be purchased abroad – pay by the minute. For major American phone companies, texting and calling rates are extremely expensive. Use text messaging when contacting family members abroad through free apps that work through the Wi-Fi.

- Pack a small first-aid kit with bandages, nail clippers, eye drops, and over-the-counter medications. Just enough to cover you until you settle in.



- Place your 3-1-1 bag with liquids, gels and aerosols in the front pocket of your carry-on for accessibility.
- Consider purchasing a baggage lock to secure things at your hostel or place of stay, be sure to get one that is TSA approved.

- It is convenient to carry a back-pack as your carry-on bag so you have a daypack for excursions while traveling!

CLOTHING & TOILETRIES

- Do some research online to familiarize yourself with the weather patterns of your destination so you can adapt your clothing packing list accordingly.
- You'll rarely need more than two weeks' worth of clothes because you will have access to laundry. You will most likely want to buy more clothes while abroad

Don't forget these:

- Deodorant
- Hair brush/comb
- Glasses/Contacts (enough contacts for duration)
- Sunscreen/Lip Balm
- Make-up & Menstrual – hygiene items
- Shaving supplies
- Flip flops/shower shoes
- Comfortable walking shoes
- Workout/hiking shoes
- Raincoat/Waterproof coat
- Coat/Jacket
- Swimsuit
- 1-2 nice outfits
- Jeans (Levis are expensive abroad)



CARRY ON

- Passport (and copies) & Visa (if applicable)
- Plane tickets
- Credit card/Debit/ATM card
- Local currency (about \$300)
- Driver's license & Student ID
- Health insurance card
- Converter for power supply in destination country
- Cell phone, tablet/E-book, laptop and chargers



- Camera (if you are taking one) and charger
- Headphones
- Emergency outfit (in case your luggage gets lost)
- Travel-size toiletries & hand sanitizer – Remember to follow the 3-1-1 TSA regulation for liquids, gels, and aerosols
- 3.4 ounces or less per container, 1 quart size, clear, plastic, zip top bag (all liquids must fit in bag), 1 bag per passenger
- Tissue pack
- Empty, reusable water bottle
- Snacks for plane



OPTIONAL

- Portable power bank
- Ear plugs
- Small, quick-dry towel
- Travel pillow
- If living in a homestay, consider bringing a gift unique to where you are from.



DON'T BRING

- Culturally inappropriate clothing. When packing what to wear, be respectful of the culture you'll be a part of (do research before you travel).
- American Hair styling tools – you will fry circuits – (Look for dual voltage items if you must)
- More clothes – Bring only the essentials and ones that you always wear. Skip the "what-if" outfits.
- No more than 4 pairs of shoes. Skip heels (they get caught in cobblestone streets)
- Expensive Items
- Leggings – not acceptable in many countries
- A BAD ATTITUDE – remember, you represent your school and country!