

A TRAVELER'S BLISS

PACKING CHECK-LIST TO STUDY ABROAD

DOCUMENTS:

- Study Abroad Letter of Acceptance
(from your School or Program)
- Copies of Passport
- Copies of Credit/Debit Cards
- Copies of School ID, Driver's License
- Letter from Doctor for Medications
- *Visa
- *Letter to Border Agency
- *Health Insurance Form

**These are all either if needed or if your study abroad program/provider provides them.*

PACKING CLOTHES:

WHERE are you going? _____

WHAT season will it be? _____

- Tops: 5-7
- Pants/Shorts/Skirts: 3-5
- Dresses: Optional (2-3)
- Socks: 2 Weeks Worth
- Underwear: 2-3 Weeks Worth
- Bras: 3-5
- Shoes: GOOD Walking Shoes & 2 Other
Pairs (Flats, Toms, Combat Boots, etc.)
- Jackets: Coat/Raincoat
- PJs Department: PJs/Tee
shirt/Sweatshirt

SEASONAL:

Winter Gear: Hat, Gloves/Mittens, Scarf

Summer Gear: Swim Suit, Sunglasses, Flip-Flops

TRAVEL & SAFETY:

- Neck or Waist Passport Security Pouch
- Travel Locks (for luggage, backpack,
purses, etc.)
- Small purse & wallet
- Journal/Pens
- Backpack

ELECTRONICS:

- Outlet Adaptor (Take 2 or 3)
- Camera, Laptop, Phone, Headphones
- Chargers (phone, laptop, camera)

BATH:

- TSA 1-Quart Zip Lock Bag:
*Shampoo/Conditioner/Soap
- Toothpaste/Toothbrush
- Feminine Products (2-3 months worth)
- Hair Brush or Comb
- Razors
- Contacts/Contact Solution
- Glasses
- Makeup
- Nail clippers/Nail file
- Medication (Over-the-counter and
prescribed)

**Start off with what is essential and what will get you by for your first few days and buy the rest when you get there.*

Packing Tip: pack clothes you don't mind getting rid of. At the end of your trip, you can get rid of some of the clothes you brought in exchange for some clothes you might buy!

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AIRPORT CHECKLIST:

- Documents folder (keep it handy)
- Empty Water Bottle
- Liquids in a 1-Quart Ziploc Bag
- Easy Access to Laptop
- Entertainment: Music, Book, Journal, etc.
- Portable Charger

PRE-FLIGHT:

- Dress Comfy! Think Big Sweatshirts & Messy Bun
- Gum!
- Take your Contacts out BEFORE you get on your Flight
- Fill Up your Water Bottle for the Flight
- If you have two Carry-Ons, after you go through Security put everything you need for the flight in one (if it isn't already) so you know that it is all in one place
- Food on the Plane has a reputation for being less than satisfying, buy a meal in the airport and save it for when you are hungry on the plane

DON'T PACK:

- Things you say "I Might Wear This". If you haven't worn it in last few months, you won't wear it abroad
- The Heavy Liquids
- More than 4 Pairs of Shoes: If you need to buy a pair of heels to go out, it's okay
- Too Many Electronics (Pack what you need for class and adventures, not entertainment)

BUY UPON ARRIVAL:

Shampoo/Conditioner/Soap
*Towels
*Bedding
Kitchen Utensils
Tissues, Toilet Paper

**If you can fit towels and bedding while packing, go for it! My recommendation is pack towels or bedding that are old and you don't mind leaving behind at the end (More room for souvenirs!)*

Flying Tip: If you are randomly assigned a seat for a flight, ask the flight attendant at your boarding gate if there are any open seats and if you can change. Most of the time, on less crowded flights, they will move you to a better seat.

Packing Tip: If you know a semester early that you are going abroad, do a practice test packing. Pack a little light going back to school to see what you actually wear and what you really need for going abroad. You'll be surprised how much less you need when you realize you don't use half your wardrobe anyways!