**PACKING CHECKLIST FOR STUDY ABROAD**

Below is a list of items that other students have found useful while studying and/or traveling overseas. It is provided to make your packing easier and is neither a required nor an exhaustive list. Some items may only be necessary for longer study programs or those in certain locations. *Regardless of where you are going, the “Documents” section is critical!*

**DOCUMENTS, ETC.**

- U.S. Passport (plus foreign visa, if required)
- Foreign Passport & re-entry documents, such as “green card”, I-20, valid visa, etc.
- Insurance card/information
- International Student Identity Card (ISIC)
- Plane ticket(s)
- Rail or bus pass (if relevant)
- ATM card, traveler’s checks, and/or credit card, plus U.S. & foreign cash
- Extra photos (3-4) for various IDs
- Textbook(s) & notebook

**CLOTHING / ACCESSORIES**

- Comfortable shoes / athletic shoes
- Sandals or flip-flops
- Nice shoes
- Socks
- Underwear
- Bathing suit
- Hat / cap
- Shirts
- Shorts & long pants
- Skirts & dresses
- Sweaters / sweatshirts
- Light jacket and/or rain coat
- Belt(s)
- Watch / jewelry (avoid valuables)

**TOILETRIES / COSMETICS**

- Comb & brush
- Deodorant
- Toothbrush, toothpaste & dental floss
- Soap, shampoo & conditioner
- Razor & shaving cream/gel
- Eyeglasses, contact lenses & solution
- Cosmetics
- Moisturizer/lotion
- Sunglasses & sunscreen
- Insect repellant
- Tampons/pads
- Contraceptives/condoms

**MEDICINES / FIRST AID KIT**

- Prescription medicines
- Decongestant / antihistamine tablets
- Pain reliever (aspirin, Tylenol, etc.)
- Band-Aids & moleskin
- Alcohol wipes, eye drops, etc.
- Tums, Mylanta, etc. (antacid)
- Imodium (anti-diarrhea medication)
- Bacitracin ointment (antibacterial)
- Cortisone cream (anti-itch)
- Thermometer, tweezers, etc.

**MISCELLANEOUS**

- Daypack
- Guide book(s) & map(s)
- Camera & film
- Battery-operated alarm clock
- Calculator or currency converter
- Adapter & voltage converter
- Walkman & batteries
- Hairdryer
- Umbrella
- Luggage tags & locks
- Address book
- Travel journal
- Phone card and/or int’l. mobile phone
- Laptop computer (optional)