**INTERNATIONAL PROGRAMS**

**PACKING LIST**

Use this list as a guideline as you pack for your program abroad. The items that are marked with an asterisk (*) should be packed in your carry-on bag. Read your Site Specific Packet, monitor the weather, and research your program’s location for additional packing tips.

### GENERAL CLOTHES
- Athletic Shoes
- Belt
- Casual tops
- Dress Shoes
- Dress shirt
- Dresses/Skirts
- Exercise Wear
- Jeans
- Pants
- Shorts/capris
- Sleepwear
- Socks
- Sweater/Sweatshirt
- Undershirts/Bras
- Underwear

**PRO TIP**

Wear your International Programs garnet t-shirt as you travel to your study abroad destination to help our staff identify you at the airport, if there is a pick-up provided.

### SEASONAL CLOTHES
- Boots
- Fall/Winter Hat
- Gloves
- Jacket/Coat
- Rain gear
- Sandals
- Scarves
- Swimsuit

### TOILETRIES

Bring enough travel size toiletries to last a few days. You will be able to purchase more upon arrival.

- Body Lotion
- Body Soap
- Cleanser
- Contact Lens Care
- Contacts/Glasses*
- Deodorant
- Feminine Hygiene products
- Hair Ties/Clip
- Hairbrush/Comb
- Makeup
- Moisturizer
- Razor
- Shampoo/Conditioner
- Sunscreen
- Toothbrush
- Toothpaste
- Tweezers

**PRO TIP**

Pack a spare outfit and any toiletries you may need in your carry-on just in case your checked luggage is misplaced in transit. Remember, liquids must follow the TSA Liquids Rule.

### DOCUMENTS*

Bring copies of these documents with you and leave spare copies with family members in the U.S.

- CISI Insurance Card copy*
- Credit/Debit Cards*
- Driver's License*
- List of Medications*
- Passport*
- Site Specific Packet*

### MISCELLANEOUS

- Spare cash (USD and currency of your program location)*
- Travel size first aid kit
- TSA Luggage Locks for checked bags
- Luggage Tags for checked bags
- Medication to last the full duration of your program (must be in original bottle; must carry a copy of the prescription)*
- Small bag such as a backpack or duffel bag for independent travel
- Sunglasses
- Required textbooks and other school supplies
- Travel size umbrella
- Reusable Water Bottle

### ELECTRONICS

- Universal Adapter
- Camera*
- Cell phone*
- Converter (if needed)
- Headphones*
- Laptop/tablet and chargers*

**PRO TIP**

Other countries may have a stronger electrical current than the U.S. The electric current abroad may cause hair tools such as hair straighteners, curling irons, and hair dryers to burn out—so leave these items at home!

### DO NOT BRING

- Hair Straightener/Curling Iron/Hair Dryer
- Expensive and/or Sentimental Belongings (such as jewelry, expensive watches, etc.)
- Illegal Drugs or Drug Paraphernalia
- Weapons
- Pepper Spray

International Programs created this list based on the general needs of all program participants. However, each program is unique. We cannot guarantee that everything that is needed for your specific program is featured on this list. Reference your Site Specific packet for additional information.