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 Program Packet, monitor the weather, and research your program’s location for additional packing tips.

General Clothing

- Athletic shoes
- Belt
- Casual tops
- Dress shoes
- Dress shirt
- Dresses/Skirts
- Activewear
- Jeans
- Pants
- Shorts/Capris
- Sleepwear
- Socks
- Sweater/Sweatshirt
- Undershirts/Bras
- Underwear

IP 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 Clothing

- Boots
- Fall/Winter hat
- Gloves
- Jacket/Coat
- Rain gear
- Sandals
- Scarves
- Swimsuit

Electronics

- Universal adapter
- Camera*
- Cell phone*
- Converter (if needed)
- Headphones*
- Laptop/Tablet
- Device chargers

IP 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!

Documents*

- CISI Insurance Card copy*
- Credit/Debit cards*
- Driver’s License
- List of Medications*
- Passport*
- Program Packet*

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

Toiletries

- Body lotion
- Body soap
- Cleanser
- Contact lens care
- Contacts/Glasses*
- Deodorant
- Feminine Hygiene products
- Hair ties/clips
- Hairbrush/Comb
- Makeup
- Moisturizer
- Razor
- Shampoo/Conditioner
- Sunscreen
- Toothbrush
- Toothpaste
- Tweezers

IP Tips
- Bring enough travel size toiletries to last a few days. You can purchase more upon arrival.
- 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.

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 duffle bag
- Sunglasses
- Required textbooks and other school supplies
- Travel size umbrella
- Reusable Water Bottle

Do Not Bring

- Hair Straightener/Curling Iron/Hair Dryer
- Expensive and/or sentimental belongings (such as jewelry, expensive watches, etc.)
- Illegal drugs or dryg 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 Program Packet for additional information.