

Packing for Study Abroad

From Texas A&M Study Abroad

Full-Length Semester

General Tips Compiled From Past Participants' Evaluations

Remember:

- Do not take valuable jewelry. If you take jewelry at all, it should be what you wear all the time (rings, etc.) or costume jewelry.
- Leave extra space in your bags for things you will want to bring home. .If you need an extra piece of clothing, you can buy it there.
- Pack things in plastic bags for ease in packing and unpacking. Also, plastic bags come in handy (wet bathing suit, dirty laundry, etc.).
- Label ALL luggage INSIDE and OUT with your destination.
- Pack a change of clothes in your carry-on bag in case your luggage is lost.

Two Important Rules:

I. Take less luggage, clothing, etc., than you think you will need.

II. Take more money than you think you will need

What To Pack List

Toiletries

- Soap, two towels, two wash clothes (bring old ones; plan to leave them there)
- Toothbrush and toothpaste
- Shampoo, conditioner (only a small amount; you can buy more there)
- Deodorant (If you use an Antiperspirant take enough to last the semester)
- Disposable razors
- Brush and comb (and pins, rubber bands, clips if you wear your hair up)
- Shaving gear
- Tampons (you can buy most brands in Europe, but will probably want to take a supply)
- Contact lens solution and an extra pair of lenses
- Special medication (any prescriptions you may need, in labeled bottles with a written prescription) -Aspirin or Tylenol

Clothes- The Basics

- Underwear-two week's supply (should be hand-washable)
- Socks (a week's worth)
- Three pairs jeans/pants
- Two skirts (women) or dressier slacks (men)
- Two long sleeve blouses/shirts
- Footgear - maybe 3 pair - all comfortable to walk in. Hiking boots, dress shoes, and athletic shoes.

- Swimsuit
- Two walking shorts
- A few T -shirts
- Pajamas and a robe or other nighttime cover-up to keep you warm
- Warm slippers
- Four or five cotton turtlenecks and/or long sleeve cotton pullover shirts
- Two big sweaters to wear over turtlenecks
- Thermal underwear (longjohns), two pair or more (leggings are an excellent option)
- Waterproof windbreaker or plastic raincoat.
- Coat
- Small backpack for day trips

Optional Gear (Remember, you have to carry all this stuff!!)

- Sunglasses
- Small umbrella
- Address Book
- Extra skirt, dress, or slacks
- Extra socks, stockings
- Dress coat

Class Materials

- Purse
- Books for classes
- Something for upset stomach (you can get Lomatil from your doctor)
- Pens and Paper
- Band-aids
- Journal/Notebook
- Make-up (bring a minimum)
- Hairdryer (with adapter !!!)
- This folder!
- Travel books
- Camera and film (lots of film - it's expensive over there!!)
- Wristwatch; travel alarm Batteries Walkman

On the Plane:

- You will be on the plane for a long time, and you will find that you will get hot and cold as the atmosphere in the plane changes. Some suggestions:
- Dress in layers to accommodate changes in the temperature as you travel. Wear comfortable, non-binding clothes (i. e. sweats, jeans).
- You will want to freshen up periodically, so pack a toothbrush and paste, lip balm, lotion, and contact lens equipment (and extra clothes, in case your luggage is lost) in your carry-on bag.
- Bring something to read that is not demanding: a mystery novel, light fiction, science fiction, etc. You may want to bring some Dramamine.

Tips & Suggestions for Securing Valuables During Travel

First Rule: Don't carry everything in one place!

Second Rule: Never pack essential documents, medicine, or anything you could not do without in your checked luggage. Put them in your carry-on bag. Never carry large amounts of cash. Try using a necklace pouch or a money belt to carry your cash.

Credit Cards: Take only the cards you will use on the trip. Keep a separate list of cards, numbers, and emergency replacement procedures. When making purchases with a credit card, be sure the merchant fills in the correct amount of your purchase. If it ends in zeros, make sure it is the proper amount of zeros with no room to add any more.

Insurance: Keep your insurance information in a safe place.

Luggage: Mark all luggage-inside and out- with your name and address. If you have an itinerary , put a copy inside each bag. Keep a list of what is in each bag and carry the list with your other documents. Mark your bags in some distinctive way, so they are easily found. Purchase small locks for luggage and backpack and a bicycle chain lock to secure luggage while traveling on the trains. COUNT YOUR LUGGAGE PIECES AT ALL POINTS OF EMBARKING AND DISEMBARKING DURING THE TRIP! Try to travel light. Please note that all carry-on luggage must not be larger than 22 x 14 x 10 inches or weigh more than 22 pounds. Carry-on baggage is expected to fit under the seat in the cabin!

Medicines: Take all you need for the entire trip. Take a copy of prescriptions, with generic names of drug. Keep medicines in original containers. Take extra glasses and prescription for lenses.

Passport: Carry with you - separate from passport - two extra passport pictures, passport number, date and place of issue, and a certified - NOT photocopied - copy of your birth certificate or an expired passport. If your passport is lost, report it to the local police. Get a written confirmation of the report, and take the above documents to the nearest United State Consulate and apply for a new passport. Make a xerox copy of the front two I.D. pages of your passport and keep it in a safe place.

Summer or Short Semester

Luggage:

Two bags max! You will usually be living in a dorm and space will be limited.

Money:

Cash - A very small amount (not more than \$50) in small bills (\$10's or less)

Traveler's checks - Should be in \$20 or \$50.

ATM Card and Visa Debit Card will usually work.

Credit Cards is optional but convenient.

REMEMBER WHEN PACKING:

Pack only what you can carry comfortably. You will always be carrying your own luggage.

TOILETRIES:

- Soap
- two towels
- one washcloth
- Toothbrush & toothpaste

- Shampoo & conditioner (small amounts; you can always buy more there if you run out)
- Deodorant
- Shaving cream, disposable razor
- Brush, combs (and pins, rubber bands, and clips if you wear your hair up)
- Tampons/pads (for women)
- Contact lens solutions, an extra pair of lenses, and your prescription
- Special medications (any prescriptions you may need, in pharmacy-labeled bottles)
- Insect repellent lotion

THE BASICS:

Plan for comfort, not fashion. Cotton clothing is preferable; you can wash it in the sink or shower and let drip dry. Plan your wardrobe to be interchangeable e.g., colors and pieces that you can wear in a variety of combinations.

- Underwear (one week's supply)
- Socks (several pair)
- 1 pair of jeans
- Skirt/nice pants (for women) or dressier slacks (for men)
- Short-sleeve tops/shirts
- Two pairs shoes (both comfortable to walk in - suggested: 1 nice pair and 1 pair tennis shoes)
- Work shoes/heavy shoes
- Four-five pairs shorts/walking shorts
- Pajamas and robe or other night-time cover-up
- Hat (functional, not fashionable - due to the intensity of the sun)
- Rain poncho, Canteen or beverage container for water

OPTIONAL GEAR (Remember you have to carry all of this)

- Extra socks/stockings
- Rubber thongs/flip-flops (good idea for showering)
- Purse, or around the neck pouch
- Make-up
- Camera, film
- Watch, travel alarm clock
- Sunglasses
- Address book
- Recreational materials cards, books, frisbee, dominoes, etc.

COURSE MATERIALS:

- Pens, pencil, paper clips, tape
- Journal/notebook

REMEMBER:

Do not take valuable jewelry. If you take jewelry, take the jewelry you wear all the time. Leave extra space in your luggage for souvenirs/gifts that you'll want to bring home with you. If you need extra clothing, you can always buy it there. Pack things in plastic zip-lock bags for ease in

packing and unpacking. Also, plastic bags (larger sizes) come in handy for storing wet swimsuits, dirty laundry, etc. Label your luggage with your name.

THREE IMPORTANT RULES:

1. Take LESS luggage, clothing, and supplies than you think you'll need.
2. Plan to spend MORE money than you think you'll need.
3. Take MORE film than you think you'll need.

TRANSPORTATION:

- Wear comfortable, non-binding clothes.
- Music (CD's, tapes, for either group or your own portable electronic music device)
- You may want to bring some Dramamine