

WHAT TO PACK

WHERE DO I BEGIN?

Here are some basic considerations to follow when starting to pack:

- 1) **ECONOMY:** Keep in mind you probably won't need your three favorite pairs of jeans. A student has never complained about taking too little. You are likely to purchase items while you're abroad, so pack light!
- 2) **WEATHER:** Keep in mind the climate of your program's location when packing – you can check out www.weather.com (Weather Channel web site) for up to date info. Seasonal information can be found in travel guides given in your program information or it can also be found in travel books.
- 3) **TRAVEL:** How much traveling will you be doing while abroad? Do you really want to lug around several suitcases? (Probably not!)

LUGGAGE

When packing, keep in mind that you have to carry your own luggage. **Do not pack more than you can fit in the trunk of a SMALL taxi!** Check with the airline you have chosen for luggage allowances. Because postage rates abroad are significantly higher than those in the U.S. are, it will be more expensive (often double) to ship things back to the U.S.

THE BACKPACK:

Often students want to do independent traveling on weekends or holidays, we recommend daypacks for these adventures-- a bag big enough for a change of clothes and a few necessities, but small enough that you don't mind toting it around all day.

Make sure that your bag is **STURDY** -- You wouldn't want to spill your belonging in the middle of a crowded Paris intersection....Often manufactures will offer lifetime warranties on their equipment. Finally, make sure you purchase **combination locks** to secure the many compartments that packs are famous for.

Packing List

Clothing (the bare minimum - will vary according to your location and time abroad)

- 1 Light weight jacket &/or raincoat
- 1 Lounge outfit/sweat pants
- 1 dress outfit for theater/formals
- 1 bathing suit
- gloves, hat, scarf
- 1 pair of long-underwear (e.g. silk)
- 2 pairs of pajamas (summer & winter)
- 1 pair of jeans
- 1 pair of khakis
- 1 or 2 skirts (men substitute another pair of pants)
- 1 or 2 dresses (men substitute a suit)
- 1 cotton sweater
- 1 dark cardigan sweater/sports coat
- 2 blouses/shirts
- 2 pairs of shorts
- several t-shirts/summer shirts

- 1 weeks worth of socks
- 1 weeks worth of underwear
- 1 or 2 belts

Shoes

- 1 pair of dress shoes
- 1 pair of VERY comfortable walking/hiking shoes (waterproof preferred)
- 1 pair of casual shoes/loafers
- 1 pair of slippers
- 1 pair of flip flops/sandals

Accessories

**** Accessories help round out a seemingly sparse wardrobe. A belt or scarf adds a lot to an outfit and packs easily. However, do NOT pack expensive jewelry or clothes as these will mark you as "wealthy" --an invitation to crooks – and get lost in your travels.**

Bath and Toiletries

1 towel
small travel size toiletries (optional)
Anti-Perspirant
Glasses/Contact Solution
1 toothbrush
1 travel size manicure set
1 hair brush
1 Shaver
1 month of menstrual supplies

Prescriptions

**Please look at your country-specific IES
Pre-departure Guide for recommendations
and warnings about taking prescribed drugs
into your host country.

Miscellaneous

Sunglasses
Umbrella
Journal (even if you don't keep one in the US,
we highly recommend taking one)
Walkman and a sample of your favorite
American music.
Language dictionary &/or currency converter
Small amount of stationary and a list of
family/friends addresses
Travel alarm clock
A few photos of family and friends
Travel Guide
A small sewing kit
A few of Mom's recipes – to make for friends
or your host family.
Small gift for your host family
Camera
Film
Batteries

Sample Day Trip Packing List

A sturdy backpack
1 neck pouch/money belt (not a fanny pack –
its too big and a big target for muggers)
Passport/Visa (if applicable)

Insurance: Insurance card – medical insurance
is covered by your TAMU program cost. If
not on a TAMU program, check your current
coverage or get insurance.

International Student Identity Card/
International Youth Hostel Association Card/
Eurail pass (all three are optional)

Guidebook

Electronic or paper translator/Phrase book
Prescriptions, Glasses, Contact Solution
Camera, film and batteries (buy before you
leave the U.S. as they will be much more
expensive abroad)

Walkman

Travel Alarm clock

Small Compass

Small first aid kit (you can make it yourself in-
country)

Small sewing kit.

Laundry musts: small tube of soap (e.g. *Shout*),
cord for laundry line (can use dental floss),
and a flat rubber drain-stop for doing your
laundry in a sink.

A door-stop for extra security in hostels

Travel Journal

Sleep Sheet – you can purchase one or sew
together two sheets sleeping bag-style. Most
hostels require you to have one or you can
“buy” sheets for your stay.

Towel

Swiss Army Knife

Small flashlight and batteries – great for
finding your way around poorly-lit villages or
the way to a hostel bathroom.

Flip flops

Walking shoes/boots

2 complete outfits

A few safety pins (just in case)

Bug repellant (e.g. *Avon Skin So Soft*) and
sunscreen

Sunglasses