# Study Abroad

## Packing Checklist

This comprehensive list is a great place to start as you prepare for your adventure abroad!

### Clothing
- 5 school/business attire bottoms (pants, skirts)
- 3 casual attire bottoms (pants, skirts, shorts)
- 5 school/business attire tops (shirts, blouses, sweaters)
- 3 casual attire tops (t-shirts, casual shirts)
- 1 dressier outfit
- Underwear for 9 days
- Socks/hosiery for 9 days
- 2 pairs of comfortable shoes (suitable for school/business)
- 2 nights of sleepwear
- Swimsuit
- Lightweight jacket
- Accessories
- Glasses and contacts
- Sunglasses
- Scarf (one that could double as a shawl is very useful)
- Tote bag (good for daily use or grocery shopping)

### Travel Clothing
- Comfortable bottoms (preferably with some stretch)
- Short-sleeve top
- Jacket or cardigan
- Comfortable underwear (women may want to consider a wire-free bra for their flight)
- Compression socks (ideal for a long-haul flight; will help your legs feel better and increase circulation)
- Comfortable shoes (wear your heaviest ones on the plane to keep them out of your luggage)
- Coat (if traveling during the winter)

### Travel Documents & Wallet Items
- Passport (up to date)
- Secondary ID
- Medical insurance cards
- Credit card
- Cash
- Vaccination certification

### Electronics
- 2 power converters
- Cell phone
- Cell phone charger
- Laptop or tablet
- Laptop or tablet charger
- Portable rechargeable power bank (backup battery)

### Personal Care
- Travel-sized toiletries
- Toothbrush
- Hairbrush or comb
- Cosmetics
- Personal products
- Band-aids
- Pain reliever
- Stomach medication
- Prescription medications

### Miscellaneous
- Journal
- Travel pillow
- Earplugs
- Sleep mask

Adapted from *Making the Most of Study Abroad: A Guide to a Top-Notch Experience* by Melanie L. D’Amico and Joshua Pope