

Study Abroad Packing List

Created for Students by Students

Standard Items

Passport

Plane tickets

Prescriptions – Bring enough for length of stay. If longer than three months, you will need to see a doctor abroad to re-prescribe. Speak with your doctor before you leave – prescriptions cannot be transferred.

Student ID (for discounted admissions)

Backpack

Daypack/fanny pack – for day excursions

Glasses/contact lenses – bring extra

Gifts – It is nice to have a small gift from your home state for your host family

Vitamins – Difficult to find – selection and variety limited.

Pens, pencils, notebooks

Dictionary – for language you are studying. Cheaper to bring from the United States.

Flash drive

Pillow case – useful if staying in hostels

Hydro towel – compact towel, good for traveling

Sheet sleeping sack – Compact sheet sack – great for use in hostels

Folding umbrella

Water bottle – They are hard to find in Europe. You cannot carry aluminum on a plane).

Brown lunch bags/lunchbox – optional – impossible to find abroad

Books – bring one for entertainment

Wash cloths

Sunglasses

Journal – journal your experiences

Watch

Clothes – Bring clothes that are easily layers for various climate conditions, do not need ironing, can be drip-dried, and are comfortable and durable. Check your program for special dress requirements.

Jeans – A few pairs. Levi's are very expensive abroad.

Hoodie/Sweaters

Pajamas – two pair at most

Socks/underwear – enough to get by two weeks.

Swimsuit

Workout clothes – just one set

Light jacket – water resistant is preferable

Nice outfits – A few pairs of dress pants and nice tops that can mix and match are ideal.

Accessories – A few accessories always help. Don't overdo it.

Scarves

Flip flops – Good for showering in hostels. One pair is enough.

Walking shoes – Find a comfy fashionable shoe – walking is a major part of everyday life.

Running shoes – Good to have is you join a gym or enjoy running outdoors

Purse – No more than two.

Money belt

Toiletries –Do not bring hair straighter/blow dryer-American product use a lot of power and can fry circuits.

Hair brush/comb

Toothbrush

Deodorant

Razors

Hand sanitizer

Portable Kleenex

Contact lenses solution

Sunblock/Suntan lotion

Makeup

Money

Cash – for the trip from the United States to your destination. Keep in safe place/money belt.

Credit cards – Notify bank/credit card companies that you are going abroad. Not all credit cards will work in train stations/stores abroad. Consider using a card with a special chip imbedded or bringing a Travelex card.

Travelex card – can be obtained through the Travelex website, in most international airport/major train stations, small banks, and credit unions.

ATM card – take note of the international fees charged by both your bank and the ATM. Consider withdrawing larger amount of cash at a time and storing in a safe place.

Luggage

Carry-on luggage – Check your airline – usually you are allowed one carry-on size bag as well as a personal item, such as a laptop bag, purse, etc. Some airlines charge for a second checked bag. Pack a few outfits in the carryon in case your luggage arrives after you do.

Toiletries in your carryon – All must fit in a quart-size bag and be 3.4 ounces or less.

Electronics

Laptop Computer – Buy a converter for power supply

Camera – Memory cards, chargers and adapters

Headphones – It is nice to have a good pair that cancels out the sound.

Power strip with converter

Cell phone – Your cell phone will not work abroad, unless you can buy a SIM card faring cell phone. A cheap cell phone can be purchased abroad – pay by the minute. Ask your onsite program coordinator to take you to the local phone store.

Contact Abroad

Electronics – For major American phone companies, texting and calling rates are extremely expensive. Use text messaging when contacting family members abroad through free apps that work through the Wi-Fi.

Google Voice – Get a Gmail account. You can set up Google Voice from Google to calltext family member for free while abroad. Registering in the United States is free while registering abroad is not.

Skype – Skype is a great free way to talk and see your family> download the application and keep in touch with your friends back home as well as those you make abroad.

Travel

Trains – Buying train tickets is similar to buying plane tickets. The further in advance you buy them the cheaper they are. Consider planning your trips at least a month in advance.

Rick Steves' Europe – Useful traveling advice. Book and website www.ricksteves.com.

Ryan Air/Easy Jet – Cheap plane tickets in Europe. Buy in advance to save more.