



# PACKING 101: LUGGAGE & ESSENTIALS

*"Lay out everything you plan to bring with you, alongside your cash. Cut the amount of clothing in half, and take twice the amount of money."*

– Study Abroad Alumnus

Two basic rules when packing are *less equals more* and *don't pack more than what you can carry upstairs*. The following advice is inspired by true stories from past study abroad participants. Before packing, make sure you tap into alumni from your host location for specifics on essential. You will most likely accumulate memorabilia and souvenirs. Therefore, leave room to bring back some memories from your experience abroad/away.

## Luggage: The Basics

- Large backpacks should have waist straps
- Consider buying a "backpackers" pack (purchase a used one for cheaper options, and make sure it is sized to your body)
- Be sure your "carry on" fits airline size requirements
- Buy locks acceptable to airlines at travel store
- Straps need to be able to be tucked inside bag
- Know the easy access parts of bags (pickpocketing)
- Put host country's address on your luggage tags

## Essentials

- Passport
- ATM Card
- COVID vaccination proof
- Address Book
- Emergency Phone Numbers
- Travel Insurance
- Prescription Medicines (*original containers & enough for your entire stay—i.e. birth control, inhaler, etc.*)
- Eyeglass prescription/supplies
- Clothes
- Toiletries
- Masks
- Hand sanitizer
- Journal
- Small gifts for host family (*CA postcards, magnets, etc.*)
- Reusable water bottles
- Money belt/neck pouch
- Travel combo-lock
- Adapters/converters
- First Aid Kit
- Laptop & charger
- Portable charger

## Do NOT Bring

- House/kitchen supplies/big appliances
- Ten pair of shoes
- Items prohibited in your host location or on airline/transportation (*do your research*)
- Framed photos
- Hair straighteners/blow dryers/electric razors (*buy them there or bring a good converter*)



## Other Items to Consider Packing

- Mini language dictionary
- Mix-and-match clothing
- Special toiletries you are attached to (i.e. makeup items)
- Enough deodorant to last the entire semester (if advised by alumni, country specific)
- Travel sized stain remover
- Flip flops for showers (hostel hygiene)
- Ziploc Bags
- Travel Towel (dries quickly, found at travel stores)
- A few family/friend photos (not an album)
- Headlamp (especially if you will share a room)

## Check Airline Restrictions

- Carry on dimensions
- Weight restrictions
- Extra costs associated with baggage

## More Tips

- Students often collect items from their time abroad to bring home. Consider this when packing. You can always buy clothing, souvenirs, etc. in your host country!
- Consider buying an additional suitcase once abroad and mail it home. This gives you the freedom to keep all the things you brought, while also traveling light.
  - There are usually services that do this, but they may be pricey.

## Notes