

Packing List

What you bring to your program depends largely upon where you study and who you are. In general, past participants recommend the following:

General Packing Tips

- Clearly identify your luggage inside and out with your name and US & overseas address. Colored tape can make it easy to identify among similar baggage.
- Place a strap or piece of rope around your suitcase to secure it in case the lock breaks.
- Check airline regulations for weight, size and number of bags
- In your carry-on, keep a change of clothes, toiletries, valuables, important documents (passports, visas, arrival instructions) and medications in their original containers

Carry-on Luggage

- Your passport, VISA, travel itineraries and other important documents
- Travel guides and maps of your host country
- International calling cards and/or your international cell phone
- Any valuables such as jewelry, a laptop, student credit cards, check book, cash, iPod, traveler's checks, camera, etc.
- A change of clothes and a toothbrush (just in case your larger luggage gets lost)

Miscellaneous Items

- \$100 in local currency for when you first arrive
- Map of your host city
- Guidebook of your region and of the places where you will travel
- Photocopy of your passport information pages. Also leave a copy at home.
- International calling card and access numbers for the countries where you will travel.
- Phone numbers to cancel credit cards in case of theft (800 numbers don't work outside US)
- Board games or cards, as you will not likely have a TV
- Music player, walkman or shock absorbent CD player, portable speakers, power supply
- Camera
- Journal
- Addresses and photos of family and friends

- Favorite recipes (note metric & Celsius conversions)
- Small items to use as gifts (e.g., UW decals, key chains, magnets)
- Travel alarm clock
- Umbrella
- Sunglasses
- Small sewing kit
- Money belt
- Bug spray
- Extra batteries
- Language dictionary
- Day pack (for short trips; this could double as your carry-on)
- If you plan to travel, Swiss army knife with bottle opener, corkscrew,

- & can opener, absorbent fast-drying and small-to-pack towel (available at outdoors stores like Erehwon, Fontana and REI)
- If you bring a laptop, inquire about international voltage converters at an electronics store
- Power strip so you only have to purchase one converter (if you plan to bring several items that require plug-in to an electrical outlet)
- Purchase bedding, linens and kitchenware abroad, if your finances permit. They take up a lot of space and are easy to find overseas.
- Your advisor's email address

Clothing

- Consider both the physical & social climate; dress accordingly. Persons in other countries tend to dress a bit more formally than we do in the US.
- Dark colors do not show dirt as readily
- Take durable, drip-dry, no-iron clothes
- Take items that have multiple uses and (for colder climates) can be layered.
- Comfort and practicality are the keys for both clothing and shoes
- Bring one professional outfit in case of a site visit to a company or job/internship interview
- Bring comfortable walking shoes.

Toiletries

- Don't overstock on toiletries; most things are available in major cities abroad. Women may want to bring a preferred brand of tampons or pads, as they may not be as readily available abroad.
- Transfer liquids from breakable containers into plastic containers; use tape to seal the lids when traveling or pack them in ziplock bags to separate them from clothing
- Prescription drugs for the duration of your time abroad (in your carry-on)
- Extra eyeglasses
- Pocket pack of Kleenex

Voltage

Most appliances you have purchased in the U.S. are designed to work on 110 voltage, while most of the world outside the U.S. and Canada operates on 220 voltage. To convert the 220 voltage energy to 110 voltage (for your appliance to function), you will need to purchase a travel voltage converter (or, if the appliance is relatively inexpensive, purchase a new one in the host country). Countries that operate on 220 voltage include Austria, Chile, China, Denmark, Hong Kong, Norway and the United Kingdom. Countries that use both 110 and 220 voltage within their borders include France, Germany, Italy, Mexico, Singapore, Spain and Sweden.

Voltage isn't the only thing that varies from country to country. Electrical wall outlets also differ in shape, assortment and arrangement of holes. To be prepared, make sure you get an adapter set to go with the converter.