

# w f u s t u d y a b r o a d PACKING LIST

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## CARRY-ON LUGGAGE

### Important Documents

- ☐ Passport
- ☐ Copy of passport
  - \*packed separately from your passport
- ☐ Airline tickets and round-trip itinerary
- ☐ Immigration documents (if applicable)
- ☐ Copy of the front and back of your credit cards
  - \*packed separately from your credit cards
- ☐ Arrival information and directions to your in-country accommodation
- ☐ In-country housing address
- ☐ Abroad emergency contact information

### Medications

- ☐ Prescription medications in original containers
- ☐ Written prescriptions from home physician with chemical name of medications
- ☐ Over-the-counter medications/vitamins in original containers

### Other Items

- ☐ Laptop computer
- ☐ Outlet adaptors
- ☐ Cell phone & charger
- ☐ Camera & battery charger
- ☐ iPod or MP3 device & adaptor
- ☐ Earbuds
- ☐ Pen (you will need this in-flight to write on your landing card)
- ☐ Change of clothing in case your luggage is lost
- ☐ Small supply of toiletries in case your luggage is lost

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## BATH & TOILETRIES

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|--|--|
| <input type="checkbox"/> Hairbrush/comb  | <input type="checkbox"/> Deodorant/Antiperspirant            |
| <input type="checkbox"/> Nail file and clippers  | <input type="checkbox"/> Razor/Shaver and replacement blades |
| <input type="checkbox"/> A mini first-aid kit with a supply of band aids, antiseptic, etc. | <input type="checkbox"/> Body wash or bar soap               |
| <input type="checkbox"/> Eye glasses   | <input type="checkbox"/> Loofah or washcloth                 |
| <input type="checkbox"/> Contact lenses  | <input type="checkbox"/> Face wash                           |
| <input type="checkbox"/> Contact solution—this can be very expensive overseas!             | <input type="checkbox"/> Small shampoo and conditioner       |
| <input type="checkbox"/> Toothbrush  | <input type="checkbox"/> Other personal hair products        |
| <input type="checkbox"/> Toothpaste  | <input type="checkbox"/> Sunscreen                           |
| <input type="checkbox"/> Floss   | <input type="checkbox"/> Cosmetics                           |
|  | <input type="checkbox"/> Feminine hygiene products           |

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## FOOTWEAR

- |  |  |
|--|--|
| <input type="checkbox"/> 1 pair of broken-in walking shoes | <input type="checkbox"/> 1 pair of outdoor shoes                           |
| <input type="checkbox"/> 1 pair of dress shoes             | <input type="checkbox"/> 1 pair of flip flops (for showering and/or beach) |
| <input type="checkbox"/> 1 pair of sandals                 |  |
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## CLOTHING & ACCESSORIES FOR WOMEN

### General

- ☐ 7-10 pairs of socks
- ☐ 10 pairs of underwear
- ☐ 2-3 pairs of jeans/pants/shorts
- ☐ 1-3 casual skirts/dresses
- ☐ 3-5 casual shirts
- ☐ 2-3 lightweight sweaters for layering

### Outerwear

- ☐ 1 rain jacket
- ☐ 1 coat
- ☐ 1 hat
- ☐ 1 scarf
- ☐ 1 pair of gloves

### Internships

- ☐ 2 dresses
- ☐ 2 pairs of nice slacks
- ☐ 2-3 pairs of tights/socks
- ☐ Accessories & jewelry- do not bring expensive pieces

### Other items

- ☐ Belt
- ☐ Sunglasses
- ☐ 1 bathing suit
- ☐ Athletic wear for working out

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## CLOTHING & ACCESSORIES FOR MEN

### General

- ☐ 7-10 pairs of socks
- ☐ 10 pairs of underwear
- ☐ 2-3 pairs of jeans/pants/shorts
- ☐ 1-2 pairs of dark slacks
- ☐ 4-6 casual shirts
- ☐ 1-2 lightweight sweaters for layering

### Outerwear

- ☐ 1 rain jacket
- ☐ 1 coat
- ☐ 1 hat
- ☐ 1 scarf
- ☐ 1 pair of gloves

### Internships

- ☐ 2 blazers/jackets
- ☐ 2 neckties
- ☐ 2 button down shirts
- ☐ 2 pairs of dress slacks
- ☐ 2-3 pairs dress socks

### Other items

- ☐ Belt
- ☐ Sunglasses
- ☐ 1 bathing suit
- ☐ Athletic wear for working out

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## OTHER ITEMS

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| <input type="checkbox"/> Flash drive                  | <input type="checkbox"/> Reusable water bottle   |
| <input type="checkbox"/> Journal (highly recommended) | <input type="checkbox"/> Laundry bag             |
| <input type="checkbox"/> Sunglasses                   | <input type="checkbox"/> Bath and/or beach towel |
| <input type="checkbox"/> Umbrella                     | <input type="checkbox"/> Bug spray               |
| <input type="checkbox"/> Money belt/neck pouch        | <input type="checkbox"/> Mosquito Net            |

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## ITEMS TO LEAVE AT HOME

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|---|--|
| <ul style="list-style-type: none"><li>• Linens, pillows</li><li>• Pepper spray—this is illegal in most countries!</li><li>• Weapons of any kind—knives, guns, brass knuckles, etc.</li><li>• Wattage converters</li></ul> | <ul style="list-style-type: none"><li>• Electric appliances: hairdryers, straighteners, shavers, etc.</li><li>• Valuables: jewelry, expensive clothing, etc.</li><li>• Travel guides</li></ul> |
|---|--|
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# w f u s t u d y a b r o a d PACKING & TRAVELING TIPS

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## PACKING TIPS

- Pack everything you *think* you need to bring with you, and then unpack it and try to eliminate half of the items! This will help prevent you from over-packing.
- Remember to check your host-countries immigration website to ensure that the medication you plan to bring with you is not on their controlled substance list.
- Remember to pack liquids in containers no larger than 3 oz. Airline safety regulations mandate this world-wide with no exceptions. All liquid containers should be placed in a clear, see-through bag and taken out of your carry-on when going through security. For more information regarding airport security please go to [www.tsa.gov](http://www.tsa.gov).
- When considering jewelry, do not pack expensive or flashy items. If you cannot afford to lose it, it is best to leave the piece at home.
- If you do not have an internship but plan on attending the theatre, opera or other events, keep in mind that some venues do not allow jeans, so pack accordingly.

## HOW MANY BAGS CAN I TAKE WITH ME?

The Center for Global Programs & Studies (GPS) and study abroad alumni suggest that you pack one large suitcase instead of two medium pieces. Remember that you are responsible for carrying your luggage through customs, the airport, and to your in-country accommodations. This sometimes includes several flights of stairs, so it is important to only pack what you can carry!

Every year students complain about packing too much and using too many bags. We suggest you bring the following:

- 1 bag or backpack that you can use as a carry-on and for weekend trips once abroad
- 1 small carry-on/laptop bag
- A large suitcase with wheels that can be pulled easily

Both international and domestic airlines have strict guidelines regarding luggage allowances. Most airlines only allow you to check one, sometimes two, pieces of luggage. Airlines will charge significant fees for extra bags and luggage items that are over the specified weight and/or sizes set by the individual airlines. You will need to verify weight and size specifications on your airline's website before you start packing.

Students planning on bringing oversized or large items such as skis, surf boards, bicycle, guitar, etc., must contact the airline in advance and follow the correct procedures. The GPS recommends that you leave large items at home and rent or purchase used equipment when you arrive overseas in order to avoid high fees or issues with immigration and customs. Please note that if you are checking oversized/large items you will most likely be charged additional baggage fees.

## **WHAT IS THE BEST WAY TO PACK MY LUGGAGE?**

There are many ways to pack your luggage. Some students suggest that rolling your clothing allows you to fit more items in your suit case, other students prefer folding their clothing.

Avoid packing clothing in vacuum sealed bags, as your luggage will end up weighing too much and you may not have a vacuum sealer when you are packing your items to return home. Also avoid shipping items in advance or back to the U.S. Shipping is EXPENSIVE! Oftentimes there are additional shipping fees in order to get your package through customs, package insurance costs and the high risk of your package getting lost. If you cannot fit all of your items in your carry-on and checked luggage you are packing too much!

Keep in mind that you will collect items during your time abroad, so you will want to leave a little extra room in your suitcase for when you return home.

## **SHOULD I TAKE MY U.S. CELL PHONE ABROAD?**

It is a good idea to pack your U.S. cell phone to use at U.S. airports before departure, upon return or in case of an emergency. Once in country, most students purchase a local phone if one is not provided by their program.

Study abroad students usually use pay-as-you-go or “top-up” plans while abroad, as it is more economical. However, if you plan on using your U.S. cell phone while abroad, make sure to talk with your cell phone provider regarding rates abroad, as they can be very expensive. Additionally, it is a good idea to shut off your data plan, as the rates are extremely high when out of the U.S.

## **SHOULD I PACK MY SHAVER, HAIRDRYER, STRAIGHTENER, ETC?**

No! Countries overseas operate on different voltage systems from the U.S. Your electronic appliances will not work properly in your host country. You can purchase wattage/voltage converters in addition to plug adaptors for outlets. However, in many cases, the converters over/under compensate for your U.S. electronics and the items will either a) not work or b) overheat, blow a fuse and “fry” out. Instead of bringing your electronic appliances with you, consider purchasing them overseas instead. You can also purchase items with the correct wattage online via websites like [www.amazon.com](http://www.amazon.com).

## **WHAT WILL THE WEATHER BE LIKE?**

Make sure to look up what the weather will be like in your host country and the countries to which you plan on travelling. Keep in mind that you may experience a change of seasons while abroad, so you will want to pack for multiple weather conditions. Our best advice is to pack clothing that layers, that way you are always prepared! Check websites like [www.weather.com](http://www.weather.com) and <http://www.weather2invest.com> for seasonal weather conditions in your host country!

## WHAT SHOULD I DO IF MY LUGGAGE IS DELAYED, LOST OR STOLEN?

Keep calm! If your luggage is delayed, lost, or stolen, it is your responsibility to contact the appropriate persons at the airport. If you are being met at the airport by program staff/faculty members make sure to notify them of the situation. You will need to file a claim with the airline personnel at the airport immediately. Make sure to have your passport, flight number, and in-country address on hand when you file a claim. *Do not leave the airport before filing a claim.*

Once you have filed a claim with airline personnel, you will want to contact iNext or ISIC if you are a card holder. iNext/ISIC provide international travel insurance for study abroad students, including limited reimbursements for delayed, lost and/or stolen luggage. Make sure to keep any/all receipts of items you purchase until your luggage is found. You will have to submit these receipts to iNext/ISIC. Further information regarding purchasing iNext or ISIC cards can be found at <http://www.inext.com> and <http://www.isic.org>.

*\*Please note that the iNext and/or ISIC coverage only applies if you are already a card holder. You can purchase an iNext or ISIC card from the GPS office. Your program may provide an iNext or ISIC card; make sure to verify this with your program provider before purchasing a card for yourself.*

## SHOULD I PACK A GIFT FOR MY HOST FAMILY?

For students staying with a host family, it is customary to bring a gift with you in gratitude for their hospitality. The gift should be small and represent you or part of the country/community in which you live. Previous students have taken locally made chocolates, flavored popcorn, mugs, key chains, or other items that represent where they are from.

## ADVICE FROM DEACSABROAD ALUMS

"I would particularly avoid wearing or bringing a lot of Greek organization clothing and tennis shoes since these often strike you as a tourist. One of the most common crimes in Europe is theft, which I almost experienced a few times, and criminals will often go after people that look like tourists."

**Chris Lane | Venice, Italy (WFU)**

"Don't overpack; ultimately you'll be responsible for transporting luggage in and out of airports and it's a lot easier when you don't have too many things; Over packing also means you'll have limited space to bring souvenirs home."

**Alyvia Williams | Buenos Aires, Argentina & Santiago, Chile (WFU)**

"Remember to budget for travel, food, living, and things you wouldn't think of normally at Wake like laundry. "

**Caroline Cunningham | Sydney, Australia (IFSA-Butler)**

"Be flexible. That is key in having an enjoyable experience. Chances are that something is going to go wrong, whether that is missing a flight, getting lost, or a change in travel plans because of some unexpected situation. At the end of the day, things will work out, somehow. And a couple months down the road your missed flight or aimless wandering through a foreign city will turn into a story to laugh about."

**Tyler Hollifield | Salamanca, Spain (WFU)**

"Have an open mind and use your common sense. Try not to go places alone, especially at night, and be mindful of your surroundings. You will undoubtedly get lost and travel plans will go wrong, but just be understanding of the situation and know that everything will work out in the end, as long as you stay safe. If you are not nervous about the unexpected it will be easier to navigate your way through the situation."

**Chelsea Bellomy | Copenhagen, Denmark (DIS); London, England (WFU); & Venice, Italy (WFU)**

## **ADVICE FROM DEACSBROAD ALUMS (CONTINUED)**

"My biggest piece of advice is to plan. Sounds simple but a little bit of planning and research before travel can make it a lot more cost-effective and a lot more enjoyable. Some of the best places I went, ate, or visited were because I had done some preparation on Tripadvisor and other places before going to find those hole-in-the-wall, family-run restaurants or those amazing scenic spots off the tourist track. Take your time to look for what you really want to do before you get there. That way, once you're there, you won't have to spend time reading a guidebook in your hostel or Airbnb (also use Airbnb) when you should be out enjoying the city you travelled to."

**Kyle Monsees | Florence, Italy (Syracuse University)**

"I would recommend ordering whatever the currency is from the bank before you go. That way you already have cash before getting there. Pack lighter than you think you should. You realize how much you normally overpack once you start bringing less shoes, etc. on trips and especially abroad. And bring a backpack or overnight bag or something for weekend trips!"

**Maddy Nelson | Salamanca, Spain (WFU)**

"For the initial trip abroad, I'd recommend packing no more than a large suitcase to be checked, a carry-on suitcase, and a backpack. It seems like not a lot of space to fit three months' worth of clothes and other items, but you'll be thanking yourself when it comes to hauling it all around the airport and destination city."

**Amir Rezayat | London, England (IFSA-Butler)**

"I found that space bags really helped when packing things like winter coats or sweaters, I even put my pillow in one. They compact your clothes really well. There are space bags you can buy from Wal-Mart where you can roll out the air so no vacuum is necessary!"

**Courtney Bzdelik | London, England (IFSA- Butler)**

"Only take as much luggage as you can feasibly carry. A backpacking backpack is the best way to travel because it gives you both of your hands free. Weigh your bags before you leave for the airport so you won't be charged. Take an extra duffel bag that folds up in your existing suitcase that you can use on the way home if you purchase more than will fit in your bag. The thing I wished I had had the most was a quick dry towel."

**Sarah Kruyer | Monteverde, Costa Rica (CIEE)**

"You are probably taking more stuff home than you bring there, so pack light. Figure out if your country sells clothing or shoes that will fit you (Japan didn't). Tell your doctor not just where you are going but what neighboring countries you might also go to when getting vaccines. Spread your \$/credit cards out, and always have a couple hundred dollars in cash hidden in your room. When in doubt be frugal, it's a lot better to come back with extra money than realize you have no money to get you back to your dorm/hotel/homestay."

**Alex Sands | Tokyo, Japan (CIEE)**

"I would definitely leave extra room in a suitcase on the trip out there in order to bring back extra clothes, gifts, etc. on the way back home. As for travelling, always ask for student discounts, because they often exist but aren't advertised."

**Carter Kenyon | Freiburg, Germany (IES)**

"Pack less! Less is always more when it comes to traveling cheaply around Europe. The last thing you want is to have to dump your extra clothes at the airport to make sure your luggage fits in the airline's (tiny) box. Also, Learn a couple phrases in the native language of the country you are visiting (even if it is just please and thank you), this will go a long way when going out to eat and such."

**Eric Huppert | London, England (Boston University)**