

What to Take

The following serves as a general guide – pack according to the climate and purpose of travel. Prepare a checklist as you pack. You will be allowed 2 checked bags, 1 carry-on & 1 small bag, such as a purse. One suitcase with wheels, a large travel backpack and a daypack should be sufficient. Check with your airline if you have concerns – luggage requirements are changing. After you've packed, carry your luggage around the block. If it's too heavy, remove things you can live without!

Necessities

- Passport/Visa/Plane ticket
- Money (to change into local currency)
- Student ID (ISIC, ISEC or Student Advantage)
- 1 or 2 credit cards (Visa, MasterCard or AMEX)
- 1 or 2 ATM cards (usable with checking accounts)
- Phone numbers of all banks and credit card companies
- Traveler's checks (emergency reserve)
- Photocopies of all documents
- Extra passport-size photos
- Supply of prescription drugs in original bottles to last your entire stay; also bring original prescription (pack in carry-on)
- Travel alarm clock
- Camera, film, protective bag (pack in carry-on)
- Batteries (they are often less expensive in the US)
- Travel guides, phrase books, map

Clothes & Accessories Take dark colors to hide dirt; bring clothing you can wear in layers.

- 5 tops/shirts, 1 sweater
- 1 coat (waterproof)
- 3 pants (most countries do not wear shorts)
- 1 dressier outfit
- 1 hat to protect from sun or cold
- 7 pairs of socks and underwear
- 2 or 3 pairs of rainproof shoes (1 for walking, 1 for dress, 1 for exercise)
- 1 swimsuit & shower flip flops
- 2 pajamas
- 1 belt
- 1 bandanna (napkin/scarf/handkerchief/distress signal)

Useful Items

- Water bottle that doesn't leak
- Travel umbrella
- Small piece of light nylon rope for clothesline/shoelace
- Address book
- Wristwatch
- Passport pouch/ money belt
- Sleeping bag or sleep sack
- Cold water detergent, spot remover
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- Compass—can be handy even in the most urban areas
- Some reading material
- Journal, sturdy ballpoint pens
- Earplugs
- Ziplock bags for maps, books, journals, and anything else you want to keep dry
- Plastic bags for dirty clothes
- Voltage converter AND plug adapter if you are bringing any appliances
- Knife, fork and spoon that fit together (put in checked bag)
- Gift items to give away—anything with your hometown or other American city or Berry College printed on it – do not wrap, as airport screeners might unwrap them
- Small gifts or toys for children. Balloon animals are a good way to break the ice with children, and children are a good way to break the ice with adults.
- Frisbee, ball, playing cards, some small toy
- Photos of your home and family (for memories and also breaking the ice)
- Universal drain plug (flat rubber circle) will help you wash your laundry in public sinks
- Sewing kit, safety pins, First Aid kit, small flashlight, Pocket knife (pack in checked luggage – do not carry on!)
- Sunglasses
- Change purse
- Small combination locks

Toiletries & Health Related Items

(Many items can easily be purchased abroad; bring with you only a starter supply.)

- Toothbrush/small tube of toothpaste, dental floss
- Shampoo
- Deodorant
- Soap in plastic container
- Comb/brush
- Small towel/washcloth
- Nail clippers, Tweezers
- Shaving materials
- Feminine hygiene products
- Band-Aids
- Aspirin, multi-vitamins, anti-diarrhea medicine
- Insect repellent, Sunscreen (sunblocks adhere to the skin to create a barrier; insect repellents work by evaporation, so sunblock goes on first)
- Moist towelettes & small packets of tissues

Useful Websites

For packing tips: <http://www.onebag.com/>

For information on cell phones abroad: www.cellularabroad.com

For calling cards and phone plans: www.zaptel.com

For ID cards: www.isic.org, www.isecard.com, www.studentadvantage.com

For travel items: www.magellans.com, www.pac-safe.com, www.eaglecreek.com

For info on US Customs: <http://www.howstuffworks.com/us-customs-service.htm> and

This information compiled from University of Minnesota Learning Abroad Center and Williamson, W. *Study Abroad 101*. 2004. Agapy Publishing.