

Anne's International Study Abroad Packing Checklist

What you bring depends largely upon where you study and how you travel. Whether you're studying in Aix En Provence, Salamanca or Florence, here are some recommendations (also check with your program for a checklist):

Basics

- Book Bag/Back Pack
- Waist pack/purse
- 22"/24" Rolling Backpack
- Suitcase or rolling duffle
- Healthy snack
- Water bottle- Nalgene
- Camera and film (or digital)
- Guide/Language Books/Maps: *Lonely Planet, Let's Go, etc.*
- Small flashlight
- Swiss army knife
- Sleep Sack (side trips)
- Pillow case (doubles as a laundry bag)
- Travel alarm clock/batteries

Travel Clothes

- Comfortable shoes
- Sandals & dress shoes
- 1 Coat/anorak with hood
- 1 Fleece pull-over or zip
- 5-6 Shirts
- 1 pair shorts/Capri's
- 1-3 long pants and/or jeans
- 1 nice top/skirt for women
- 1 nice sweater/pants for men
- Optional: Warm hat, gloves & long underwear
- Underwear and socks
- Swimwear/Nightwear

Personal Care Items

- Hanging toiletry kit
- Full supply of all medications and copy of prescriptions
- Extra set of glasses/contacts
- Personal hygiene items
- Toiletries (Nalgene-travel size)
- Plastic Ziploc® bags (lots!)
- Compression bags for laundry

- 3-in-1 Micro Fiber Travel Towel
- Small first aid kit
- Optional: hand sanitizer
- Sunscreen/insect repellent
- Sunglasses/brimmed sunhat

Security

- Security Wallet/Waist or Neck
- Passport, visas
- Extra photos, airline tickets
- Copies of important documents, emergency contact information
- Photo of travel companion
- Credit Card/ATM Card
- Insurance card/Student ID Card
- TSA Locks/Cable Lock

Miscellaneous

- iPod/MP3 Player/CD's
- Optional: Laptop
- Converters/adapters
- Photo's from home
- Cell phone/phone card
- Email addresses/book
- Journal/postcards
- Sense of adventure

Easy to Pack Gifts

- Hats, T-shirts, pins
- Playing cards, note cards
- Calendars

Do Not Pack: Valuable jewelry or other irreplaceable items

For more information:
www.packitup.com