

The Study Abroad Packing List!

01

Essentials

- Passport and visa
- Travel tickets (plane, train, etc.)
- Copies of passport, visa, insurance, etc.
- Emergency contact information
- Bank cards, credit cards, and some local currency
- Health insurance card/information
- International SIM card or phone plan
- Travel adaptor and charger

02

Clothing

- Weather-appropriate clothing (check the climate of your destination)
- Comfortable shoes for walking
- Dressy clothes for formal events or presentations
- Undergarments, socks, and pajamas
- Outerwear (jacket, sweater, raincoat)
- Workout clothes
- Bathing suit/swimwear

03

Toiletries

- Toothbrush, toothpaste, & floss
- Shampoo, conditioner, soap, haircare & skincare products
- Prescription medications (with a copy of the prescription)
- Over-the-counter medications (pain relievers, allergy meds, etc.)
- Feminine hygiene products
- Small first-aid kit

Electronics

04

- Laptop or tablet
- Phone and charger
- Headphones/earbuds
- Camera
- E-reader

Miscellaneous

05

- Snacks or comfort foods
- A lock for luggage or dorm room
- Reusable water bottle
- Sunglasses and sunscreen
- Travel pillow & eye mask
- Backpack or sturdy bag
- Small umbrella