

**Packing Tips from
Study Abroad Students**



Clothing/Shoes

- Jeans (1-2 pairs) –keep in mind denim air dries very slowly
- Sweater/Sweatshirt (2)
- ‘Culture Neutral’ T-shirts (3-4) –generally with no logos or bright colors that can be worn with many different outfits
- Nice Shirts/Blouses (3-4) —(make sure they are good for layering and appropriate for a class presentation)
- Underwear (one week’s worth)
- Pajamas (2 pair) –keep in mind if your season’s change to bring one for warm weather and one for colder weather
- Warm slippers (1 pair)—slippers are required in some cultures instead of wearing shoes inside the house
- Socks (one week’s worth—be mindful of the climate you are traveling to)
- Swimsuit
- Comfortable clothes (possible work-out clothes)
- Lightweight jacket (fleece)
- One nice outfit for special/formal occasions
- Walking shoes
- Flip Flops (especially for travel and showers)
- Scarf, gloves, and hat
- Rain coat and winter coat (if applicable)

Toiletries

- Travel size shampoo, conditioner, body wash, toothpaste, and soap
- Toothbrush and floss
- Deodorant
- Disposable razors
- Brush and hair products (do NOT bring hair straighteners or dryers—they tend to blow fuses. If needed buy in country.)
- Tissues (highly recommended in countries where public restrooms do not have toilet paper in stock)

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- Over the counter medicines (particularly anti-nausea, headache medicine and stomach related items)
- Nail clippers and file and tweezers (difficult to find sometimes)
- Sunscreen

Miscellaneous Items

- Important documents (tickets, itinerary, passport, money—ALWAYS in your carry-on)
- Debit/Credit card
- Photocopy of important documents (keep separate from originals)
- Small backpack or purse (for day travel or into a city)
- Travel books on the region
- Umbrella or rain boots
- Watch
- Sunglasses
- Computer/tablet/camera and other electronics with charger and adapter
- Journal
- Lightweight Towel (for weekend trips)
- Alarm clock (if not on your cell phone)
- Eye glasses, contacts and solution
- Prescription drugs for at least 2 months or the entire length of your stay (you need to check to make sure you can bring them into the country and get a written prescription (legible) from your doctor to carry with you)
- Refillable water bottle
- Small plastic bags (to carry items in your bag or toiletries on plane)
- Gifts for your host family and other (try to get regional or Marietta College specific items)