

Packing Tips for traveling & studying abroad

He (or she) who would travel happily must travel light. Antoine de St. Exupery



What to bring...

- If you wear glasses, bring an extra pair
- Carry all medications with you (in your carry-on); make sure all medications are in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If possible carry a letter from your doctor attesting to your need to take the drug.
- Bring an extra set of passport photos along with a copy of other important travel documents.
- Take clothes that will help you blend in to the place you are staying. Avoid dressing in a way that could mark you as an affluent tourist. Dress conservatively throughout your stay. Consider the weather and bring clothes that are easily layered for various climate conditions, do not need ironing, dry quickly, and are comfortable and durable. Most importantly make sure that all of your clothes are interchangeable, i.e. any of your shirts can go with any of your skirts/pants, etc.
- Travel light. Limit yourself to essentials. Remember you need less than you think you do and that you can get additional clothes and supplies while abroad.
- Bring a throw away wallet – a second, older wallet that you can carry and give up if you are robbed. This wallet may contain such things as an expired driver's license, a small amount of cash (local currency, equivalent to \$10 to \$15), worthless, expired credit cards.
- Bring a "go bag" -- a bag that you can store in a secure area that has your passport, extra cash, an extra credit card and other essentials in case of an emergency.
- If you need a more specific list of what to pack in terms of clothes and supplies, contact the Off-campus programs office or your program director.

What to leave behind...

- Valuable or expensive jewelry (just leave all jewelry at home as even inexpensive jewelry can attract unwanted attention).
- All unnecessary things in your wallet – library card, extra credit cards, social security card, and similar items. .
- Leave a copy of emergency phone numbers, your itinerary, copy of your passport, driver's license, etc with your family.
- Unnecessary electronics and gadgets like U.S. cell phones – most don't work internationally and you will get a phone in country (if appropriate). Think about leaving laptops, ipods, etc at home in the states; but if you do bring them leave them in your dorm room or with your host family. These items may make you more of a target to be robbed. Remember too that if you bring electronics you may need a converter. If you bring a laptop, bring a flash drive that you can use to transport assignments to print and turn in.

Tips to Travel Like a Pro...

- *Document your experience – journal, blog, take pictures.*
- *Pack a pocket language guide – work to connect with local people & culture.*
- *Write postcards!*
- *Explore and do some independent travel (with at least one other person).*
- *Learn local transportation.*
- *Try new foods. If locals are eating it, I can to.*
- *Buy locally.*
- *Understand money fees for your ATM & credit card*
- *Take up bargaining!*
- *Some of the best experiences are unplanned!*

You may never be completely home again because part of your heart will always be elsewhere. That is the price you pay for the richness of loving an knowing people in more than one place.
Miriam Adeny