Packing List for Global Beginnings
Go light: Pack for a week, stay for a semester!

Packing TIPS for students:
1. “Pack your bags, then take out half of the stuff and put it away. You can live very comfortably with very little.”
2. “If you can’t carry everything you’re taking up and down a flight of stairs by yourself, you’re taking too much.”

General Packing Tips:
- Everyone needs to bring a laptop. Flash drives or memory sticks are highly recommended. You will need to purchase a converter in order to plug power cords into outlets overseas. You are responsible for the care of your computer and it is recommended that you secure appropriate insurance.
- Clearly identify ALL luggage inside and out with your name and destination.
- Check airline regulations for weight, size and number of bags allowed.
- Room space will usually be limited.
- Do not bring expensive jewelry or other valuable items.
- Leave extra space in your bags for things you will want to bring home.
- Pack a change of clothes, important documents (passport, visa, etc.) and any prescription drugs students might need in carry-on bag in case of lost luggage.
- Keep a copy of your passport in a secure location, separate from the actual passport. Also leave a copy at home.
- Keep a list of phone numbers to cancel credit cards in case of loss or theft.

The Essentials:
- Valid passport
- Travel itinerary
- Credit card
- Student ID
- Traveler’s checks
- Emergency phone numbers
- Airline ticket
- Health Insurance Card
- Laptop & Flash drive

On the Airplane:
- You will be on the plane for a long time. Wear comfortable, loose fitting clothes and dress in layers to accommodate changes in the temperature as you travel.

Clothing:
- Take clothes that are easily washed, dry quickly and require minimal ironing.
- Work around a basic scheme of mixing, matching and layering.
- Bring one professional outfit for a more formal occasion.
- Bring comfortable walking shoes.

Toiletries:
- Don’t overstock on toiletries! Most things are available in major cities abroad.
- Toothbrush, toothpaste, shampoo, deodorant, hand towel, washcloth, eye glasses/extra pair of contacts, personal first aid kit, prescription drugs

Miscellaneous:
- $100 in Euros (for when you arrive)
- Pocket translator/dictionary
- Camera/film/batteries
- Map/guide of your host city
- Adapter plugs/converters
- Travel umbrella or rain jacket
- Alarm clock
- Sunglasses