

Please keep in mind that this list is an extensive guide to be used as a *framework* to begin your packing process. You may choose to leave items off or may have other items you wish to take. Pack wisely, keeping in mind that the airlines have strict guidelines for the number of checked and carry-on items, as well as their size and weight. Also, keep in mind that you will more than likely have souvenirs and gifts to bring home with you. Consider packing an empty piece of luggage to carry these extra items home but know there will likely be additional charges for that second bag.

Pack appropriate clothing, as most schools and countries outside of the United States do not find it acceptable to wear casual clothing (loungewear, sweatshirts, etc.) to class. For some countries, the norm is to wear nicer clothing (khakis, button-up shirts, etc.) to do everyday activities such as grocery shopping or travel. You will likely find yourself in a professional workplace or performance environment while abroad, so be sure to pack appropriate attire.

Begin packing early. By laying out everything you plan to take, you will be able to examine how much space you have, how much the items weigh, what you desperately need to take, and what you can leave at home. Keep in mind the electricity standards in your host country, and pack electronic devices, adapters, and converters appropriately. To help free up space in your luggage, Space-Saver bags—or large, plastic zip-top bags—can be used to compress bulky items such as sweatshirts, jackets, and blankets. Vacuum or squeeze out the air in the bags for maximum compression (and minimal space taken). Although these bags will save space, remember that they will not reduce the weight of your luggage.

Recommendations for Carry-On Luggage

Travel Documents/Necessities

- Passport
- Visa (if necessary)
- Photocopies of your passport
- ISIC card (if necessary)
- Flight itinerary
- Passport photos (for student IDs, institution paperwork; to replace passport, if necessary)
- Information on how to cancel your credit cards
- Copy of your vaccine record**
- Masks (KN95)**
- Medical insurance information
- International-ready cell phone and charge cord

Travel Items & Valuables

- Local currency (~\$100) for fares/food upon arrival
- Notebook & pen/Journal
- Book/magazine
- Travel pillow
- Prescription medications with written prescription (*ALWAYS carry all medication in original packaging with the original label and written prescription*). Check with your airlines if you need to carry self-injected or liquid medications, or controlled substances
- Motion-sickness medication
- Necessary toiletries (e.g., contact solution, deodorant, toothpaste/brush, hand sanitizer, lip balm; Note: liquids & gels must be in 3oz or less containers in a quart-sized, zip-top plastic bag)
- Change of clothes (in case luggage is delayed)
- Travel guide about destination country
- Light jacket or coat (depending on weather in destination country)
- Any valuables you may be traveling with (jewelry, electronics, etc.)
- Laptop computer and charger

Recommendations for Checked Luggage

Clothing

- Clothing for class as appropriate for local culture (note: it is not appropriate in most cultures to wear sleepwear or athletic wear to class, this includes lounge pants, sweatpants, tank tops, and tights; and may include shorts)
- Clothing for a nice evening out
- Sleepwear
- Athletic clothes
- Weather-appropriate options (research destination)
- Versatile dress shoes for special occasions
- Sneakers/Sandals/flip flops
- Jacket
- Socks/underwear
- Bathing suit
- Sunglasses
- Hat
- HPU logoed shirt or hat (we love photos of you in HPU gear, but do keep in mind wearing college logos and Greek letters is not common in many parts of the world)
- Umbrella and/or rain jacket

Toiletries

Many of these items can be purchased abroad, even in your preferred brands. Research what is available and only take what you deem necessary to save space in luggage.

- Bath products (shampoo, conditioner, soap, lotion)
- Toothbrush, toothpaste, mouthwash
- Razor, blades, shaving cream/gel, deodorant
- Hair products and accessories
- Eyeglasses and/or contact lenses with solution
- Corrective eye lenses prescription
- Feminine hygiene products
- Makeup

Travel Health Kit

Some of these items can be purchased abroad, including prescription medications. Research what is available, what is considered legal/illegal, and what brands can be purchased abroad. Work with your physician and insurance to request an ample supply if your prescription(s) cannot be filled abroad.

- Anti-diarrhea, anti-constipation medication
- Cold/cough/flu/allergy symptom relief
- Pain or fever relievers
- Name and telephone number of your primary health care provider
- Antibiotic ointment, adhesive bandages
- Sunscreen with at least SPF 30
- Cotton swabs/cotton balls

Travel Necessities

- Maps
- Travel guide(s)
- Foreign language dictionary or phrase book
- Money belt, neck wallet

Miscellaneous

- Addresses (for postcards/letters)
- Batteries (AA, AAA, Watch, Camera, etc.)
- Electrical adapters and/or converters
- Camera, memory card, charger, film
- TSA-approved locks for luggage and/or backpacks
- Résumé & personal business cards
- Zip-top plastic bags
- Credit cards and cash to get started
- Purse/Backpack (with optional rain cover)