



TRAVEL PACKING CHECKLIST



DOCUMENTS

- Passport/ID
- Boarding Pass
- Visa
- Driver's Liscence
- Health Insurance
- Cards & Cash
- Student ID for discount
- _____

CLOTHING

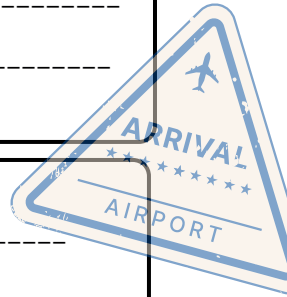
- Shirts/tops
- Pants/skirts/dresses
- Underwear/bras
- Socks
- Jacket/Coat/Raincoat
- Comfortable shoes
- Shower Shoes
- _____

ELECTRONICS

- Phone & charger
- Camera & charger
- Laptop & charger
- Travel adapter
- Power bank
- Headphones
- _____
- _____

TOILETRIES & HEALTH

- | | | | |
|---|--------------------------------------|--|--------------------------------|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Shampoo | <input type="checkbox"/> Deodorant | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Conditioner | <input type="checkbox"/> Shower gel | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hairbrush/Comb | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Razor/Shaving supplies | |
| | | <input type="checkbox"/> Medications/Prescriptions | |

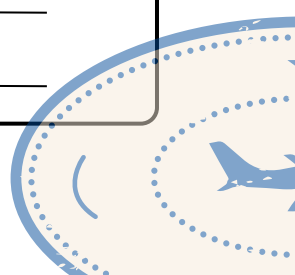


MISCELLANEOUS

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Eye glasses/
Contact lens | <input type="checkbox"/> Sleep Mask |
| <input type="checkbox"/> Wet wipes | <input type="checkbox"/> Sunglass |
| <input type="checkbox"/> Lip Balm | <input type="checkbox"/> Ear plugs |
| <input type="checkbox"/> Sanitizer | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Make-up | <input type="checkbox"/> _____ |

OPTIONAL

- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> E-reader | <input type="checkbox"/> Plastic bag |
| <input type="checkbox"/> Journal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Umbrella | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Extra bag | <input type="checkbox"/> _____ |





STUDY ABROAD TRAVEL TIPS



DOCUMENTS

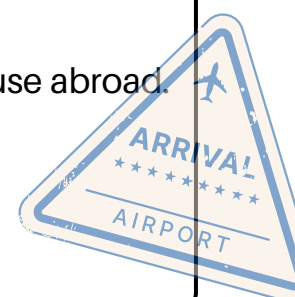
- Take photos of your passport, health insurance card, credit cards, and other important documents.
- Print two copies of your important documents - give one copy to a trusted family member or friend at home, and put one copy in your carry-on luggage.

MONEY

- Inform your bank and credit card companies of your travel abroad.
- Learn about maximum withdrawal amounts, exchange rates, and transaction fees for international use.
- Determine when you will exchange money for local currency in your host country (before departure, or upon arrival)

HEALTH & SAFETY

- Review your international health insurance coverage and instructions for use abroad.
- Research the local emergency number in your study abroad location.
- Stay current on your health immunizations.
- Discuss your medical conditions with your doctor before travel.
- For any prescriptions, request a note from your doctor to take with you.
- Bring enough medication for the duration of your program.



COMMUNICATION

- Determine communication plan with family and friends. How often will you contact each other?
- While in flight, turn off data usage and preserve your battery life.
- Use free airport wifi when available, if needed.
- Download a free communication app, such as Whatsapp, to use while abroad.
- Consider purchasing a SIM card for local phone use during your program. These can usually be purchased at airports or at phone stores.

AIRPORT & TRAVEL

- When booking your flight, try to keep layover to two or less, and verify that you have at least 2 hours to make your connecting flight.
- Do not carry liquids over 3.4 ounces on the plane; place them in a 1 quart clear ziploc bag.
- Review airline baggage restrictions, fees, and weight/size requirements.
- Wear socks with shoes as you will remove shoes during security checks.
- Take a sweater or hoodie for comfort on the plane as it can get cold during flight.
- Arrive to the airport 3 hours prior to your flight departure as the process can take time to check-in to your airline's desk, go through security, and travel to your terminal.
- While traveling via airplane, bus, train, or taxi, stay alert, secure your bags, and download a local transportation app if available.
- Public transport is usually less expensive, so research your options for traveling during your program.

