

Clothes

- A hooded rainproof coat with a zip-out lining
- At least one sweater
- A heavy sweatshirt
- Jeans (two or three pairs)
- Pants (one or two pairs)
- Turtlenecks and button-down shirts (three or four)
- T-shirts (three or four)
- Two pairs of comfortable, waterproof walking shoes
- One dressy outfit with the appropriate shoes
- A warm hat, a scarf and gloves
- Long underwear
- Undergarments, socks, pajamas
- Workout clothes

I wouldn't bring

- Expensive or sentimental jewelry
- Drugs or drug paraphernalia
- Electrical appliances (voltages in most countries are different)
- Anything that could be considered a weapon

Health and safety

- Any prescription medications (leave them in their labeled containers)
- Written prescriptions for refills (use the generic name)
- Spare contact lenses and glasses
- One month's supply of contact solution
- Toiletries

Luggage guidelines

- Most airlines allow international passengers to check two bags and bring one bag onboard the flight. The weight limits for checked bags ranges from 20 to 70 pounds each and usually there is a size limit as well. If you bring luggage that exceeds your airline's weight or size limits, the airline will charge you a penalty for each leg of your trip.
- You'll have to carry your own bags everywhere, so be sure that you can carry all of your luggage comfortably.
- A backpack is a great idea, but be sure you can wear it comfortably
- Don't feel that you have to fill up your bags. You want to bring home your class notes, books, souvenirs, etc.

Think about the climate in your host country and what you might need there.

Miscellaneous

- Address book
- Portable battery-powered alarm clock
- Simple recipes
- Family photo
- Journal
- Sewing kit
- Small first aid kit

Packing 101

- Pack dark, color-coordinated clothes.
- If losing something would affect your happiness, leave it at home.
- Theft happens.
- Travelers accumulate stuff.
- Jeans take forever to dry.
- Bring tapes or CDs.
- Break in your walking shoes.
- Backpacks allow you to keep your hands free.
- Carry on luggage must fit under the seat in front of you or in the overhead bin.
Not everyone gets an overhead bin!
- Label your luggage inside and out.
- Make sure you can lift your bags.
- Liquids (shampoos, toothpaste) have a tendency to ooze; pack them in a plastic bag.
- Pack what you'll need first on top.
- Airline people are not sympathetic to tears, so do not over pack. They can make you re-pack your bags on the floor of the airport and that can be very embarrassing.
- Use a plastic bag to separate dirty and clean clothes.

Paperwork

- Current home university course catalog
- Up-to-date transcript (a student copy is fine)
- Name, phone number, fax number and e-mail address of your academic advisor at your home college or university

Sheets and linens

- Used towels
- Used sheets (if required by your housing; you may also purchase sheets while overseas)
- I left my sheets and linens behind so I could bring home souvenirs

The ideal carry-on bag

- Your passport
- Your tickets
- Travel-size toiletries
- Something to read and something to listen to
- Spare clothes in case your luggage is lost!)
- Any medications
- Your spare glasses
- Snacks
- Water
- Camera