

HER CAMPUS'S ultimate STUDY ABROAD PACKING LIST

IN YOUR CARRY-ON BAG

- American cell phone and charger (in case you need to contact someone while you're still in the U.S.)
- Boarding pass(es)
- Cash (bring American dollars and the currency of your host location or money you can exchange for it - bring enough to use in case of an emergency, but not more money than you can afford to lose)
- Copy of birth certificate
- Copy of Social Security card
- Credit card (notify your bank that you'll be abroad *before* you leave to avoid your account being frozen)
- Debit card
- Deodorant
- E-reader or book
- Emergency contact list
- Face wipes
- Gum
- Hand sanitizer
- Headphones
- Health insurance card
- Passport
- Prescription medication(s) you usually take (make sure you bring enough refills to last your entire trip - but future prescriptions can go in your checked luggage)
- School ID
- Spare outfit (in case your luggage gets lost or delayed)
- State ID
- [Student Visa](#)
- Travel Itinerary
- Travel pillow
- Travel tickets (if you're taking a train or other transport after your plane lands)
- Wallet



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TOILETRIES

Keep these in a plastic bag at the top of your checked suitcase.

Tip: to save room in your suitcase, buy standard items such as shampoo, conditioner and body wash in your host country.

- Acne medication/cream
- Face lotion/moisturizer
- Makeup
- Mini shampoo & conditioner (until you get a chance to get full-sized bottles in your new host country)
- Mouthwash (small)
- Soap (mini bottle if you're using body wash)
- Toothbrush
- Toothpaste

SUPPLIES

Tip: Because of the voltage differences in many electronic products, you may want to wait until you're in your host country to buy items such as a blow dryer or hair straightener—plugging an American hair dryer into an outlet converter could overheat and break it.

- Bobby pins
- Comb
- Contacts, solution and case
(again, make sure you have all the contacts you'll need for your time abroad)
- Glasses and glasses case
- Hair ties
- Hairbrush
- Headbands
- Nail Clipper
- Razor(s)
- Sunglasses
- Sunscreen
- Tampons and pads
- Tweezers



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LAUNDRY

You will likely have the opportunity to do laundry on your trip, and you'll be able to purchase detergent in your host country.

- Downy Wrinkle Release spray
- Linens/towels (if your housing doesn't have them)
- Portable stain remover pen
- Travel sheet (for hostels)

ELECTRONICS

Remember that most of your electronic items will need an outlet converter in order to work!

- Camera (remember your case and USB cords)
- Cell phone (keep in mind that you'll be able to buy an international phone when you arrive at your destination)
- Chargers (laptop, phone, camera, e-reader, etc.)
- Flash drive
- iPod
- Laptop
- Laptop case
- Outlet adapters (2-3)
- USB cable

MEDICAL

Tip: Remember to check if the medications you take are legal in the country that you're going to by [contacting the country's embassy](#).

Some over-the-counter medications are illegal outside of the United States.

- Adhesive bandages
- Allergy medicine
- Birth control
- Cold and flu medicine
- Eye drops
- Motion sickness medicine
- Over-the-counter pain medicine
- Vitamins



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CLOTHING

Tip: Mixing and matching outfits and layering saves a ton of space in your suitcase! Make sure you check the predicted weather of the country you're traveling to so you can dress appropriately. Don't bring anything you'd be devastated to see ruined!

- Athletic sneakers (1)
- Bathing suits (1-2)
- Boots (1-2)
- Bras (2 sports bras, 2 regular bras, 1 strapless/convertible bra)
- Casual dresses (2)
- Everyday comfortable shoes (1-2)
- Flats (1)
- Flip-flops (1)
- Formal outfit (1-2)
- Gloves (1, if weather appropriate)
- Going-out outfits (3-5)
- Hat (1)
- Heavier coat for colder climates (1)
- Heels (1-2)
- Jacket (2; a light one and one for colder weather, if applicable)
- Jeans (2, one black & one blue)
- Jewelry (remember that bringing jewelry to another country is always a risk; don't bring anything too valuable!)
- Leggings (1-3)
- Long-sleeve shirts (3-5)
- Pajamas (2-3)
- Pants (1-2 nice pairs)
- Purse (1-2)
- Raincoat (1)
- Scarf (1)
- Short-sleeve shirts (5-7)
- Shorts (2-4, if weather appropriate)
- Skirts (1-2)
- Socks (14)
- Sweaters (3-5)
- Sweatshirt (2)
- T-Shirts (3-5)



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- Tank tops (3-5)
- Underwear (14)
- Watch (1)
- Workout clothes (2-5)

MISCELLANEOUS

- Backpack (small)
- Gift for your **host family** (bring something that they couldn't get in their own country, like memorabilia from your hometown)
- Journal
- Language dictionary
- Map
- Playing cards
- Travel guide
- Umbrella (small)



safe travels,
collegiettes!