

Packing List

"You will wear half the clothes, but spend twice the money"

Clothing	Documents	Miscellaneous	Hygiene / Medical	Optional
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You can take ONE (1) 22" rolling suitcase, or backpack and a small book backpack. Avoid a larger suitcase. Almost every study abroad student brings back a lot of souvenirs so a collapsible bag to bring back your treasures is a good idea. Shipping items from overseas can be expensive and a hassle.

You will be expected to carry your own luggage. Therefore, it is important that you choose lightweight, yet sturdy luggage. Bags with wheels are good for carting around luggage. An inexpensive folding luggage cart is also handy if you don't want to invest in rolling luggage or don't want to carry a large backpack all the time.

Clothing	
Comfortable yet functional clothing is key. Darker colors won't show the dirt as quickly as lighter colored items. Keep in mind: bring clothes that you can mix and match. Remember that re-wearing (clean) clothes in the same week is acceptable. In many countries, dark trousers (not khaki's) and skirts are the local norm.	
SHIRTS	Five to ten short-sleeved or long-sleeved shirts in a cotton/polyester blend. Polos are fine.
PANTS	Bring three pairs: one lightweight cotton/polyester blend and another super-lightweight for hot and muggy big cities and churches with modest dress codes. Jeans can be too hot for summer travel. Linen is great.
SHORTS	Take a pair or two with plenty of pockets--doubles as a swimsuit for men. But do not wear in the city for normal daywear -- locals do not wear shorts except at the beach.
SWIMSUIT	For the beaches in Barcelona and Tarragona, the lakes in Switzerland/Alps (brrr!)
UNDERWEAR & SOCKS	Bring seven sets (lighter dries quicker).
ONE PAIR OF SHOES	Take a well-used, light, and cool pair, with Vibram-type soles and good traction. Needs to be suitable for business dress if this is the only pair you bring; else bring a 2nd pair.
JACKET	Bring a light and water-resistant windbreaker with a hood. Gore-Tex is good if you expect rain. (For Zurich, a heavier coat is required for trips to the Alps. <i>Remember gloves, too.</i>)
BUSINESS CLOTHES	Students are required to wear appropriate business attire on visits to corporations and other organizations. This means a blazer/sports coat and tie for men and similar for women. We are not just a group of students but business professionals.
MONEY BELT	It's essential for the peace of mind it brings. You could lose everything except your money belt, and the trip could still go on. Lightweight and low-profile beige is best.
NECK POUCH or BELT WALLET	This is a small nylon bag for carrying passport, money, and railpass. Much handier than rummaging through your money belt, and a LOT SAFER than carrying money in your pockets. Pickpockets can get inside any pocket.

Documents Back to top	
Make photocopies of all your documents. Leave one copy at home with friends or family and carry one with you but separately from the originals. Photocopies can help you get replacements if the originals are lost or stolen.	
PASSPORT with VISA	LOCAL CURRENCY, CREDIT CARDS, ATM CARD
TICKETS	INSURANCE INFORMATION

Miscellaneous	Back to top
COMPUTER w/ FLASH DRIVE	Save your work and email. Bring computer or smart phone to FaceTime back home.
CAMERA	Put a new battery in your camera/phone before you go. Bring a protective and polarizing lens, midrange zoom lens, cleaning tissue. Store everything in a low-profile nylon stuff bag, not an expensive-looking camera bag. Remember to bring your charger (and a outlet converter).
BATTERIES	Especially if your camera uses lithium batteries
SEWING KIT	Clothes age rapidly while traveling. Add a few safety pins.
TRAVEL INFORMATION (MINIMAL)	Rip out appropriate chapters from guidebooks, staple them together, and store in a zip-lock baggie. When you're done, give them away.
MAPS	Get a map best suited to your trip's overall needs, and pick up maps for specific local areas as you go.
ADDRESS LIST	Use it to send postcards home and collect new addresses. Taking a whole address book is not packing light. Consider typing your mail list onto a sheet of gummed address labels before you leave. You'll know exactly whom you've written to, and the labels will be perfectly legible.
POSTCARDS OR SMALL PICTURE BOOK FROM YOUR HOMETOWN, AND FAMILY PICTURES	A zip-lock baggie of show-and-tell things is always a great conversation piece with the people you meet.
JOURNAL	An empty book filled with the experiences of your trip will be your most treasured souvenir. Use a hardbound type designed to last a lifetime, rather than a spiral notebook. Attach a photocopied calendar page to visualize your itinerary and jot down reminders. Keep a traveler's check and expenses log in the appendix.
SMALL NOTEPAD AND PEN	A tiny notepad in your back pocket is a great organizer, reminder, and communication aid.
DOCUMENTS AND PHOTOCOPIES	Bring your passport, airline ticket, railpass or car rental voucher, driver's license, student I.D., hostel card, and so on. Carry photocopies separately in your luggage and keep the originals in your money belt.

SMALL DAYPACK	A small nylon daypack is great for carrying your sweater, camera, literature, and picnic goodies while you leave your large bag at the hotel or train station. Fanny packs (small bags with thief-friendly zippers on a belt) are a popular alternative, but they should not be used as money belts.
ZIP-LOCK BAGGIES	Get a variety of sizes for 1,001 uses. They're great for packing out a little lunch from the breakfast buffet, leftover picnic food, containing wetness, and bagging potential leaks before they happen. The 2-gallon jumbo size is handy for packing clothing.
WATER BOTTLE	The plastic .5-liter mineral water bottles sold throughout the world are reusable and work great.
WRISTWATCH	A built-in alarm is handy. Otherwise, pack a small travel alarm clock, too. Cheap hotels' wake-up calls are unreliable. Do not rely on your mobile.
EARPLUGS	If night noises bother you, you'll love a good set of plugs such as Sleep-well.

Hygiene / Medical	Back to top
DO NOT BRING HAIRDRYERS AND CURLING IRONS	Non-US appliances use 220-240 volt electricity and a special plug.
PLASTIC BAG OR CARRYING CASE	Zip lock bags can be great for storing lotions or hair products that may open in your bag. If it can leak it will and at the worst time.
EYE CARE	Contact solution, Contact cleaner, Eye drops enough for the entire trip. These are hard to find in some countries.
GLASSES	Prescription and an extra set of lenses just in case
PRESCRIPTION MEDICINE AND/OR PRESCRIPTIONS FOR REFILLS	Bring a copy of the prescription in case customs official get curious.
SMALL FIRST AID KIT	Band-aids especially, disinfectant, tweezers, scissors(not in carry-on)
WET-WIPES	Perfect for freshening up on long train trips and for taking out some stains
TOOTHBRUSH, TOOTHPASTE, MOUTHWASH	
SHAMPOO & HAIR PRODUCTS INCLUDING COMB/BRUSH	
DEODORANT	
COSMETICS	
SUNSCREEN	Something with Aloe in it for burns is a good idea
MOISTURIZERS	
INSECT REPELLANT	
RAZOR, RAZOR BLADES, SHAVING CREAM	

FEMININE HYGIENE PRODUCTS	Hard or impossible to find in some area. It will be much easier to take enough for the entire trip.
TOILET PAPER	Toilets can be a unique experience in international travel. Be prepared. Take a small roll from home.
SOAP	A plastic squeeze bottle of concentrated, multipurpose, biodegradable liquid soap is handy for laundry and more.
CLOTHESLINE	Hang it up in your hotel room to dry your clothes. The handy twist kind needs no clothespins.
SMALL TOWEL & WASHCLOTH	You'll find small bath towels at all moderate hotels and most cheap hotels, but not washclothes. Spare towel & washcloth will be handy.
OVER-THE-COUNTER MEDICINES	These are available, but more expensive and hard to find when you need them. Bring the ones you commonly use.
COLD REMEDIES	Nyquil®, decongestants, Cough syrup or lozenges
ANTACIDS	Tums®, Mylanta®
ANTI- DIARRHEA	IMMODIUM AD® , or similar. Ask your physician for recommendations
PAIN KILLERS	Aspirin, Advil®, Tylenol®
BIRTH CONTROL/CONDOMS	
ANTIHISTAMINE FOR ALLERGIC REACTIONS	Benadryl, Chlor-Trimeton
ANTIFUNGAL OINTMENT OR POWDER	Athlete's Foot, etc.
LAXATIVE/STOOL SOFTENER	
HYDROCORTISONE CREAM	Topical cream for itching, bites and skin irritation
FACIAL TISSUE IN SMALL PACKS	Colds can be a problem when travelling
THERMOMETER	A few among the group might be handy

Optional Items	Back to top
SKIRT, SANDALS, ROBE, OR NIGHTSHIRT	Especially for women. But men should take some minimal footwear for going to shower. In Spain, you should not go barefoot.
SUNGLASSES AND SUNSCREEN	Avoid expensive sunglasses you would hate to lose or have stolen
INFLATABLE PILLOW	For more comfortable napping on trains, planes, and beaches.
PILLOWCASE	It's cleaner and possibly more comfortable to stuff your own.
LIGHT WARM-UP SUIT	Use for pajamas, evening lounge outfit, instant modest street wear, and going down the hall.
TEVA-TYPE SANDALS OR	

THONGS	
LEATHER-BOTTOMED SLIPPERS	These are great for the flight and for getting cozy in your hotel room.
SMALL FLASHLIGHT	Handy for reading under the sheets after "lights out" in the hostel, late night trips down the hall, exploring castle dungeons, and hypnotizing street thieves.
A GOOD PAPERBACK	There's plenty of empty time on a trip to either be bored or enjoy some good reading.
MOBILE PHONE (in Barcelona, a mobile phone is required , in Zurich highly recommended)	Smart phones may work in host country, but find out ahead of time. You can rent mobiles in Europe easily and/or purchase SIM cards. Of course the camera works well. Load music playlists. Use to record videos of local music, parades, antics of your buddies at the beach.
COLLAPSIBLE CUP	
OFFICE SUPPLIES	Bring paper and an envelope of envelopes.
SMALL ROLL OF DUCT TAPE.	Repair torn luggage, pack items to carry home.
COLLAPSIBLE UMBRELLA	
TINY LOCK	Use it to lock your rucksack zippers shut.
SPOT REMOVER	Bring a dab of Goop in a film canister.
GIFTS	Local kids love T-shirts and baseball cards, and gardeners appreciate flower seeds.
PONCHO	Hard-core vagabonds use a poncho as protection in a rainstorm, a ground cloth for sleeping, or a beach or picnic blanket.

Adapted from a list by Prof. Lance Matheson