Study Abroad Packing Checklist

The best advice is to travel light. Choose luggage that is easy to carry and travel with. A backpack may be useful for weekend travel. Use this list as a guide to pick and choose what is essential for you. You should also consult the specific information provided by your program, as well as recommendations from former participants.

After you are done packing, make sure you can manage all of your luggage yourself. Keep in mind that you may need to carry your luggage on uneven surfaces, on and off public transportation, and up and down stairs, so it is important to pack light. Check with your airline for size and weight restrictions on luggage and with the Transportation Security Administration (TSA) for prohibited travel items.

Expensive or valuable items such as jewelry, iPads, iPhones, and laptops can mark you as a target for pick-pocketing and theft. Safeguard your personal items and don’t leave them unattended.

**Use the following list as a guide for packing:**

### Carry the following items on your person:
- entry documents (passport, visa, program acceptance letter, immunization records, etc.)
- cash (in host country’s currency equivalent to US $100-$200)
- credit cards and ATM cards
- list of ATM and credit card numbers with contact phone numbers for reporting lost or stolen cards (pack separately from actual cards)
- copy of passport (pack separately from passport)
- driver’s license or state I.D.
- arrival information, including important names, numbers and addresses in your host country
- prescription medications and legible copy of prescription
- emergency contact information card for your wallet
- money belt
- flight e-ticket confirmation

### Documents to pack in your checked luggage:
- copies of passport and visa
- information about health coverage
- extra passport-size photos

### Clothing (consider the host culture and climate):
- good pair of walking shoes
- sandals
- shorts
- skirts and pants
- shirts
- socks
- undergarments
- bathing suit
- attire for more formal occasions
- sweater(s) or sweatshirt
- sleepwear
- light/rain jacket
- winter coat, gloves, scarf, hat

### Toiletries and medicine:
- toothbrush
- toothpaste, soap, and shampoo
- comb and/or brush
- sunscreen, moisturizers, and cosmetics
- deodorant
- small first-aid kit
- contraceptives and condoms
- pain relief medication and anti-diarrheal medicine
- tampons and pads
- razors
- extra eyeglasses and sunglasses
- extra contact lenses and cleaning solution
- tweezers and nail care
- hand sanitizer

### Electronics:
- laptop or tablet
- adapters
- USB stick
- camera and charger
- iPod/MP3 player
- Phone (if you have a phone with a SIM card make sure it is unlocked so you can use a foreign SIM card)

### Miscellaneous:
- towel and washcloth (depending on program)
- inexpensive and reliable watch
- luggage lock and tags
- weekend travel tags
- backpack or purse

### Gift suggestions for your host family or new friends:
- clothing and items with UMass logo
- cookbooks with American recipes
- regional non-perishable foods (maple products, salt-water taffy, cranberry products, etc.)
- photographs of your area or calendar with US scenery
- hand-made crafts