

PACKING 101

Review the list below about what to pack and what to leave home. Pay careful attention to the luggage restrictions on carry-on and checked luggage.

HOW MUCH SHOULD I TAKE?

This is the most common question for students about to go overseas. There is an easy answer: half as much! Try these simple steps to avoid overpacking.

1. Lay out everything you want to pack. Put half of it away, Pack...
2. Pack everything you want. Carry it around the block. If you sweat and breathe heavily, see #1!
3. Use a highly visible luggage identifier for all your checked luggage

WHAT TO PACK

Checked Luggage

Seasonal clothes
Comfortable shoes
Towel and washcloth
Mini alarm clock
1 nice outfit
Extra pair of prescription glasses

Carry-on Luggage

Medicine and prescriptions
Toiletries
Change of underwear
Camera and film
Passport
Emergency information worksheet

WHAT TO LEAVE AT HOME

Anything too valuable to lose
Anything fragile
Illegal drugs or paraphernalia
Emergency information worksheet
Accommodation Information
Itinerary
Schedule of bills to be paid while you are gone.

WHAT TO BUY IN USA

Name brand cosmetics
Guidebook for your destination
International student identification card