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

<table>
<thead>
<tr>
<th>Checked Luggage</th>
<th>Carry-on Luggage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal clothes</td>
<td>Medicine and prescriptions</td>
</tr>
<tr>
<td>Comfortable shoes</td>
<td>Toiletries</td>
</tr>
<tr>
<td>Towel and washcloth</td>
<td>Change of underwear</td>
</tr>
<tr>
<td>Mini alarm clock</td>
<td>Camera and film</td>
</tr>
<tr>
<td>1 nice outfit</td>
<td>Passport</td>
</tr>
<tr>
<td>Extra pair of prescription glasses</td>
<td>Emergency information worksheet</td>
</tr>
</tbody>
</table>

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