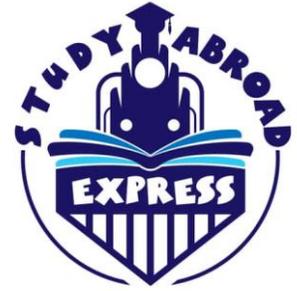


The Study Abroad Express Master Packing List for Study Abroad



(Check out the article for more information on what to pack in each of your bags and remember to use your own discretion on the suggested items)

***Optional items** can be purchased in host country which will save room in your luggage

Luggage

- Checked bag
- Carry-on
- Personal item (backpack)

Clothing

- 4 – 5 Bras
- 14 – 21 Underwear
- 2 – 3 Undershirts
- 14 – 21 Socks
- 4 – 5 Long sleeve shirts
- 7 – 9 Short sleeve shirts
- 2 – 3 T-shirts
- 2 Pajamas
- Cardigan / sweater
- Lightweight jacket (ideally waterproof)
- Warm jacket
- 3 – 4 Pants
- 3 – 4 Shorts
- 1 – 2 Skirts
- 1 – 2 Nice outfit (for special events/going out)
- Workout clothes
- Swimsuit
- Tennis shoes
- Casual (comfy) shoes
- House shoes / slippers (optional)*
- Flip flops
- Dress shoes (no heels)
- Boots (check the weather first)
- Extra clothes to pack in carry-on
- Gloves
- Hat
- 1 – 2 Leggings

Toiletries

- 2 Toothbrushes (1 for carry-on and checked bag)
- 2 Toothpaste (travel size and normal size)
- Floss picks
- Tissues
- Contacts (with extras for the whole time)
- Contact case
- Contact solution
- Glasses
- Glasses case
- Glasses cleaner
- Shampoo (optional)*
- Conditioner (optional)*
- Hair gel (optional)*
- Body wash (optional)*
- Travel size shampoo
- Travel size conditioner
- Travel size hair gel
- Travel size body wash
- Empty TSA compliant travel sized bottles
- Loofah
- Brush/comb
- Face wash
- Face cleansing cloths
- Hand sanitizer (small for carry-on)
- Q tips
- Cotton balls
- Hair ties/clips
- Razor
- Razor refills
- Nail clippers
- Nail file

- Tweezers
- Cuticle clippers
- Lotion
- Sunscreen
- 2 Deodorant (1 in checked bag, 1 in carry-on)
- 2 Chapstick
- Makeup
- Makeup remover
- Feminine hygiene products or menstrual cup

Electronics

- Universal power adapter
- Phone
- Camera (optional)*
- Camera charger (optional)*
- Memory cards for camera (optional)*
- Laptop / tablet
- Laptop / tablet charger
- Cellphone
- Cellphone charger
- Headphones
- Headphones charger (if wireless)
- Kindle (optional)*
- 1-2 power banks
- Flash drive

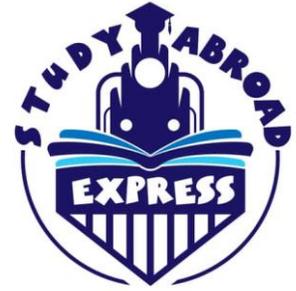
Laundry (optional)*

- Linens (if not included in housing)
- Towels (if not included in housing)
- Wash rags
- Lint roller
- Wrinkle spray
- Stain remover pen

Miscellaneous

- Lock for luggage
- Pens and pencils
- Calculator
- Luggage scale
- Umbrella (optional)*
- Playing cards
- Gift for host

- Gum
- Wallet
- Transportation tickets
- Travel pillow
- Snacks (a taste of home)
- Journal
- Reusable water bottle



Accessories

- Belt
- Watch
- Jewelry
- Scarf
- Sunglasses
- Purse
- Fanny pack

Medical

- Prescription meds
- Inhaler
- Band-aids
- Contraceptives
- Over the counter cold/flu meds
- Over the counter pain meds
- Eye drops
- Allergy meds
- Vitamins

Important Documents

- Passport
- Visa(s)
- Insurance card
- ID (school, driver's license, ISIC card, etc.)
- Credit and debit cards
- Photocopies of passport, visas, credit and debit cards, insurance and IDs (in case they get lost or stolen)
- Boarding passes
- Prescriptions for meds
- Printed emergency contact list
- Travel itinerary

Funds

- 20 – 50 home currency
- 250 – 300 host country currency

Things to do on the plane

- Book
- Coloring book
- Markers
- Sudoku puzzles
- Electronic game

