

PACKING FOR INTERNATIONAL TRAVEL

This is an example of things you may consider bringing. Where/how you study/travel will alter the list. Search online for country specific packing lists.

Airline Baggage: Regulations for baggage allowance vary from airline to airline. Be sure to check the baggage allowance (checked & carry-on) before your arrival at the airport. Many airlines operate under strict regulations and will charge extra for overweight baggage. For your own protection, all baggage should be identified with your name, contact information, and destination. Do not pack valuable items in your checked luggage (<https://www.tsa.gov/>).

What NOT to bring: Do not take anything with you that you cannot afford to lose. For items that you would be devastated to lose, it is recommended that you leave them at home. Do not bring more than 2 normal-size suitcases and a carry-on. Do not bring anything illegal in the U.S., host country, or any countries along the way.

Sanitation: Many countries around the world offer public restrooms, but these facilities may not have toilet paper or mechanisms to dry your hands. You are encouraged to bring travel size tissue packets and a handkerchief for convenience and check-up on other health facts about your destination (Health resources: <http://cdc.gov> & <http://www.who.int/en/>).

Electrical Items: Since each country has different power outlets and voltages, you may consider leaving some electrical items at home. If you choose to take electrical items with you, you may need a voltage adapter and converter suitable for the locations in which you plan to travel (<https://www.rei.com/learn/expert-advice/world-electricity-guide.html>).

Packing Tips: Be sensible in what you pack. A good rule of thumb is to carry all of your luggage around the block; if you struggle, then you may need to reconsider what you have packed. Some say to lay out everything you want to pack, then put away half of it. The bottom line is that you are responsible for getting your luggage to your destination. Packing too much can be inconvenient and may add stress to your travels. Remember that you will be able to purchase items while abroad. While products will be different from what you are used to, this is an important part of your experience.

Items to Consider

<p>Documents: Passport/Visa & driver's License/Student I.D. Cash & Credit/ATM Card(s) Health Insurance/Prescription Documents Tickets, Reservations & Itineraries Host family/School Contact Info – Letter of Invitation from Host Institution COPIES of Tickets/Passport/Bank Info/Health Documents etc. Emergency Information</p>	<p>Study Abroad Stuff!: Phrase Book & Grammar/Language Tools Guide Book & Maps Notebooks & Folders Pens & Pencils Travel Journal Computer & Cord (optional) Gift for Host Family From NMU or your hometown ☺ Money Belt/Neck Wallet Camera & Charger (take lots of photos!)</p>																										
<p>Travel Health: <i>Consult your physician for help in planning your trip's medication needs</i></p> <table border="0"> <tr> <td>Basic First Aid Kit</td> <td>Sunscreen/Lip Balm</td> </tr> <tr> <td>Pain & Fever Relievers</td> <td>Sunglasses</td> </tr> <tr> <td>Diarrhea/Laxative Medicines</td> <td>Insect Repellent</td> </tr> <tr> <td>Personal Prescriptions</td> <td>Instant Hand Sanitizer</td> </tr> <tr> <td>Small Pack of Tissues</td> <td></td> </tr> </table>	Basic First Aid Kit	Sunscreen/Lip Balm	Pain & Fever Relievers	Sunglasses	Diarrhea/Laxative Medicines	Insect Repellent	Personal Prescriptions	Instant Hand Sanitizer	Small Pack of Tissues		<p>Toiletries:</p> <table border="0"> <tr> <td>Comb/brush</td> <td>Deodorant</td> </tr> <tr> <td>Toothbrush & paste/floss</td> <td>Moist towelettes</td> </tr> <tr> <td>Glasses, Contacts, & Solution</td> <td>Tweezers</td> </tr> <tr> <td>Personal Hygiene Items</td> <td>Razors</td> </tr> <tr> <td>Skin Care Lotion/Cream/Aloe</td> <td>Travel Towel/Washcloth</td> </tr> <tr> <td>Shampoo, Conditioner & Soap</td> <td>Shower shoes</td> </tr> </table>	Comb/brush	Deodorant	Toothbrush & paste/floss	Moist towelettes	Glasses, Contacts, & Solution	Tweezers	Personal Hygiene Items	Razors	Skin Care Lotion/Cream/Aloe	Travel Towel/Washcloth	Shampoo, Conditioner & Soap	Shower shoes				
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