

SUGGESTED PACKING LIST

Below is a list of items that other Pace students have found useful while studying abroad. It's provided to make your packing easier, but it's neither a required nor an exhaustive list. We strongly recommend that you limit your luggage to 1 checked bag and 1 carry-on bag. Check your airline's baggage rules to ensure that you won't incur fees due to number of bags or baggage weight limitations!

DOCUMENTS

(Make copies or screen shots of important documents; then email these copies to your parents/family and yourself for easy access if needed.)

- | | |
|--|--|
| <input type="checkbox"/> Passport | <input type="checkbox"/> Plane ticket(s) |
| <input type="checkbox"/> COVID-19 vaccination card & proof of negative COVID test <i>(if required)</i> | <input type="checkbox"/> ATM/debit card, credit card, plus some U.S. cash & foreign cash |
| <input type="checkbox"/> Emergency contact numbers | <input type="checkbox"/> Housing address abroad |
| <input type="checkbox"/> Pace-provided insurance info: insurance ID card, dates of coverage, and summary of insurance coverage for your program abroad <i>(you'll receive this 2-3 weeks prior to departure)</i> | |
| <input type="checkbox"/> Documentation of your semester abroad from your host institution | |

CLOTHING / ACCESSORIES

(Consider: activities you'll be doing, weather, local style, and comfort)

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|---|---|
| <input type="checkbox"/> Comfortable walking shoes/sneakers | <input type="checkbox"/> Shirts |
| <input type="checkbox"/> Everyday shoes, boots, sandals | <input type="checkbox"/> Shorts & long pants |
| <input type="checkbox"/> Socks & underwear | <input type="checkbox"/> Skirts & dresses |
| <input type="checkbox"/> Athletic wear | <input type="checkbox"/> Sweaters/sweatshirts |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Jacket(s), rain coat |
| <input type="checkbox"/> One nice outfit | <input type="checkbox"/> Accessories (watch, belt, handbag, jewelry... although avoid bringing expensive valuables) |
| <input type="checkbox"/> Hat, scarf, gloves | |

TOILETRIES / COSMETICS

(Unless you are particular to a specific brand of toiletry, consider bringing just enough for the first few days only because you can buy many of these items abroad.)

- | | |
|---|--|
| <input type="checkbox"/> Comb, brush, hair products | <input type="checkbox"/> Cosmetics |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Moisturizer/lotion |
| <input type="checkbox"/> Toothbrush, toothpaste, dental floss | <input type="checkbox"/> Sunglasses & sunscreen |
| <input type="checkbox"/> Soap, shampoo, conditioner | <input type="checkbox"/> Eyeglasses, contact lenses & solution |
| <input type="checkbox"/> Razor & shaving cream/gel | <input type="checkbox"/> Tampons/pads |
| <input type="checkbox"/> A supply of high-quality face masks | |
| <input type="checkbox"/> Prescription medicines <i>(bring meds in original packaging and copies of prescriptions. Pack in carry-on)</i> | |

MISCELLANEOUS

- | | |
|---|---|
| <input type="checkbox"/> Cell phone & charger | <input type="checkbox"/> Laptop computer & charger |
| <input type="checkbox"/> Daypack/backpack | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Notebooks for classes | <input type="checkbox"/> Luggage tags & locks |
| <input type="checkbox"/> Guide book(s) & map(s) | <input type="checkbox"/> Travel journal |
| <input type="checkbox"/> Camera with batteries & memory card | <input type="checkbox"/> Personal organizer/day planner |
| <input type="checkbox"/> Phone card | <input type="checkbox"/> Headphones |
| <input type="checkbox"/> Voltage converter & plug adaptor <i>(if relevant; do your research!)</i> | |
| <input type="checkbox"/> Bath towel | |



Review your airline's baggage weight limits and list of prohibited items.



Practice carrying your luggage bags up and down stairs by yourself.



Don't overpack! Lay out your luggage beforehand, then remove half.



Don't pack liquids that are more than 3 fluid ounces in your carry-on.