

## 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.)*

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

### **CLOTHING / ACCESSORIES**

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

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

## **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.)*

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

## **MISCELLANEOUS**

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



**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.**