

Packing Recommendations

Annenberg International Programs
Pre-Departure Series

Packing Recommendations

- Pack light!
- Take as few clothes as possible
- Try carrying your baggage around at home for 5 minutes and if it is too heavy after 5 minutes, you might need to re-pack items
- Bring clothing that you can layer for different types of weather

Packing Recommendations

- 1 large suitcase or 2 medium bags
- Plus 1 carry-on bag
- Don't forget to check your specific airline's baggage policy
- Do not put all your medications in one carry-on bag without labels (airport security will give you a hard time, and your medication might end up being confiscated)
 - Suggestion 1: See if your doctor will give you a 5-month supply of your medication
 - Suggestion 2: Ask your doctor for the chemical components of your medication and then get the medication when you are abroad

Packing Recommendations

- There are a lot of things that it may be better for you to buy overseas such as:
 - Hairdryers or straighteners. Because different countries use different volts and outlets, a lot of unsophisticated U.S. electronics will short or fry. Buy those things abroad to avoid that.
 - Things that take up a lot of room but can be bought for cheap overseas such as towels or umbrellas.
 - Basic Toiletries (bring travel sizes for the first couple of days)

MUST HAVES.

- Small first aid kit (band aids, Neosporin, anti-itch cream – you WILL get bug bites, and Advil)
- Chargers, converters, and adaptors for your electronics
- A compact sleeping bag (will come in handy when you go traveling).
- If staying with a host family – bring a gift.

Nice to have

- Sandals for showering in hostels
- A Padlock – for lockers at hostels
- A reusable water bottle
- A backup hard drive (Better be safe than sorry)
- A journal
- A Swiss army knife (don't put in carry-on)
- Enough make up and deodorant for your stay – they are just really expensive overseas.

Weather Tips

- It will **definitely** be cold if you are heading to Amsterdam or London, pack warm clothes.
- It will also be very rainy – be sure to pack a raincoat or some rain boots.
- Pack a number of socks because there is nothing worse than having to wear wet socks
- Hong Kong will be more humid than you're used to and will be warm in the fall months (75°F average). It isn't typically rainy or cold in HK in the fall. Pack light sweaters for the evening.
- When you arrive in Rio de Janeiro it will be winter and you'll leave at the end of their fall. While their winter is similar to LA, prepare for rain.

Final Reminder: DON'T FORGET

- Your passport !(and make a few paper copies of the front page in case you lose it and need to go to the embassy; take a few with you and leave one with your parents/family members)
- Student ID
- Health Insurance Forms and International SOS card
- Visa (if applicable)
- UK Immigration Letters (if applicable)
- A little bit of foreign currency or cash to exchange at the airport
- Prescription medication and their chemical composition written by your doctor.