

# 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 really expensive overseas.

# Specifically for Northern Hemisphere

- It will **definitely** be cold. If you are heading to Amsterdam or London, pack warm clothes but layer to adjust to warm interiors and cold exteriors.
- 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.

# Specifically for the Southern Hemisphere

- Remember that the seasons are opposites!!
- Australia and New Zealand will be experiencing Summer/Fall from February to July.
- Despite the fact that it will be summer with high temperatures, it will still rain a lot. You won't want to wear a jacket in the heat even if it's raining. Bring some clothes that are **not cotton** (i.e., breathable, moisture-wicking).
- It will get cold later on in the semester, so don't completely forget to pack layers or a couple of jackets.
- Australia and New Zealand have very strict customs rules – if you are planning to bring rain boots, they have to be thoroughly clean (no dirt) or brand new.



# 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.