

WHAT DO I PACK?

MONEY AND SECURITY

- Moneybelt / passport pouch
- Passport
- ATM / check / pre-paid / credit cards
- At least \$100 AUD in cash (~ \$100 USD converted)

CLOTHING SUGGESTIONS

- 2 pairs of versatile walking/comfortable shoes – leave the stilettos at home!
- 1 pair versatile “dressier” shoes (optional)
- 1 rainproof light jacket and/or small umbrella
- 3-4 pairs of pants – think versatility between dressy and casual – jeans are OK, dark wash is best.
- socks – cotton blend
- underwear
- 1 extra bra
- 4-6 shirts – long/short-sleeved, various colors, think layering
- 1-2 light cardigans for layering
- pajamas

TOILETRIES & MEDICINE (pack anything liquid in sealable Ziploc plastic bags)

- Body soap / puff / washcloth – our hotel may not supply washcloths
- Small hand towel
- Toothbrush / toothpaste / floss
- Shampoo / conditioner
- Brush / comb / hairspray, etc.
- Lotion
- Disposable razor
- Prescription drugs (in original container with your name and your doctor’s name on label, on generic drugs write down brand name)**
- First aid kit / moleskin / blister kit / bandaids
- Earplugs – for noisy hotel, train ride or plane ride
- Eye mask – for sleeping on the plane
- Feminine hygiene products
- Deodorant
- Glasses or contact lenses and supplies
- Hand sanitizer or handi-wipes
- Kleenex packs
- Over the counter remedies – whatever works for you: Pepto, Dramamine, decongestants, Tylenol, Advil, etc.**

ELECTRICITY CONVERSION

Other countries have electrical systems that are different from the United States — both in the plugs used and the voltage of the current. American appliances run on 110 volts and most other countries operate on more. You can destroy your American appliances and electronics if you plug them directly into a wall outlet while abroad. To avoid this there are two different components you’ll need to plug in American gear overseas:

- A converter changes the electric current to American &
- A small adapter allows American-style plugs (two flat prongs) to fit into foreign outlets.

While there are some combination converter-adapters, you’ll more likely need to deal with each of these issues separately.

FOR WOMEN

MISC ITEM OPTIONS

- Camera / batteries / battery charger
- A wristwatch – you will be responsible for being on time for every gathering every day!**
- Battery powered travel alarm clock – try to coordinate with roommates
- Journal / pen / small kit of art supplies
- MANY entertainment options for airplane
- Hair styling appliances – coordinate with roommates
- Electricity converters – try to coordinate with roommates and **be sure the converters work in our destination. See notes about this on the bottom of this sheet.**
- Travel guidebooks and class handouts
- Small, sealable zipper baggies
- A small, travel calculator for money conversions

PACKING PHILOSOPHIES

- Think in terms of what you can DO WITHOUT, not what will be handy on your trip. **When in doubt leave it out.**
- Bring only the absolute essentials. As my Mom would say, “You don’t need to look like a fashion plate, just look presentable!”
- Dark clothes hide more.
- Every piece of clothing you bring (with the exception of your underwear and socks) should be able to be worn at least twice and should be hand washable.
- LEAVE JEWELRY & VALUABLES AT HOME!** We’re only gone for a short time, you’ll live!
- LEAVE YOUR PURSE AT HOME** – your passport pouch IS your purse while traveling – it’s safer this way!
- THINK ABOUT LEAVING CELL PHONES AT HOME & PURCHASING A “DISPOSABLE” WHILE ABROAD!** Again we’re not gone that long and your US phone won’t work abroad anyways unless you choose to make special arrangements with your carrier (this does cost extra \$\$\$). Plus international rates for cell phone calls are astronomical. If you choose to make your phone work abroad, **NO PHONE CALLS ARE ALLOWED DURING SCHEDULED ACTIVITIES!** An alternative to the cell phone is purchasing a local phone card when we arrive to use in the pay phones/hotel lobby. Students making phone calls from their hotel rooms are responsible for paying all charges accrued.
- For your main luggage, try to fit everything into **ONE suitcase or large backpack that’s lighter than 50lbs.** The airline will charge you \$50 – \$100 if your bag is too heavy on top of regular checked baggage fees, so weigh your bag on the bathroom scale before leaving for the airport. Don’t forget to allow room for souvenirs too!
- You’re allowed **ONE** carry-on bag (9" x 21" x 13") that should double as your daypack.
 - In your carry-on, pack your usual airplane survival items (books, water, snacks, etc.) but also be sure to “stash” your toothbrush, toothpaste, deoderant and a change of underwear in there incase of luggage problems. Also keep your camera in this bag, any medications, contact lens supplies and anything else you feel you absolutely can not live without for a few days.
- A week before your trip, pack your bag with everything you think you want to take, and carry it around the block 3 times. Is it comfortable? Too heavy? Better to know now than later!
- No one will carry your bag for you if it is too heavy or you are tired! You need to be able to physically pick-up and carry your luggage.