

PACKING DOs and DON'Ts

DO bring an overnight bag as a carry on. Pack everything you'll need for at least two or three nights: underwear, pajamas, a clean shirt, socks, tooth brush, deodorant, hairbrush...so you'll be prepared if your luggage gets lost or delayed. (This happens more than you think!)

DO bring enough prescription medication to last your entire time abroad, and consider bringing over-the-counter medicines as well (for stomach ailments, headaches, sleep, colds, etc.). Some of these may be difficult to find or may be different from what you're used to.

DO pack according to climate conditions *and* realize that room temperature standards vary from country to country. Room temperatures are often kept much cooler than in the U.S., and the heat is often turned on later too.

DO pack light! You'll never use half the stuff you bring and you'll most likely acquire new clothing and other items while you're abroad. Keep airline baggage limits in mind.

DO bring comfortable shoes. You will likely be walking more than you are used to, and the cobbled-stoned streets of many cities will make you regret bringing high heels or sandals.

DO bring a small, battery-operated alarm clock.

DO bring preferred brand-name personal products that you rely solely upon (e.g. feminine hygiene, condoms, over-the-counter medicines). Particular brands and reliability vary from country to country and you may be unhappy with other versions.

DON'T pack large quantities of toiletries (shampoo, lotion, etc.), unless you can't live without a particular brand. You'll be able to find these things abroad.

DON'T bother bringing posters, prints, and other decorations. It takes up space and is not worth the effort.

DON'T bring electrical appliances. Laptops, digital cameras, and MP3 players are generally fine, but check with the manufacturer to be on the safe side. You can buy small appliances such as hair dryers when you arrive to your host country – and your roommates might need them too, so you can probably split the cost.

DON'T carry everything in one place. For example, never pack essential documents, medicine, or anything you can't do without in your checked luggage. Put them in your carry on or just keep them on you!

DON'T bring anything you would hate to lose.

DON'T pack money, credit cards, or traveler's checks in your suitcase. Carry these in your wallet or carry on.