

# study abroad packing list

OFFICE OF INTERNATIONAL EDUCATION

70 Harvey Hall

715.232.2132

[uwstout.studioabroad.com](http://uwstout.studioabroad.com)

[studyabroad@uwstout.edu](mailto:studyabroad@uwstout.edu)

<https://bit.ly/StoutOIEBooking>

## carry on

- Travel backpack with lock
- Day pack or cross-body purse (anti-theft style)
- Passport and visa (if applicable)
- Tickets and/or confirmations
- Emergency contact information and addresses and phone numbers of destination contacts
- Wallet with traveler's checks, US\$ and local cash, debit/credit cards, CISI card, and Stout ID
- Copies of passport, visa, IDs, credit/debit cards
- Phone and laptop with cases and chargers
- Digital camera and charger
- Headphones with cord to connect on the plane
- Portable power bank
- Adapter or converter
- Prescriptions
- Glasses and case and/or contacts and container
- Watch and valuables
- One change of clothes
- Jacket
- Travel towel or blanket
- Travel-size toiletries, toothbrush, and lip balm
- Mask
- Travel tissue pack
- Hand sanitizer
- Neck pillow, eye mask, and/or ear plugs
- Snacks

## suitcase (short term program)

- Medium/Large suitcase (4 wheels recommended) with lock
- Small backpack for school with lock
- Wristlet wallet or money belt
- Good book, journal, maps, guidebooks, and small foreign language dictionary
- Pictures of family and friends
- Playing cards
- Water bottle (collapsible recommended)
- Additional adapters/converters
- Additional headphones with charger
- Flash drive
- Over-the-counter medicines (pain/fever, cold, nausea/heartburn, allergies) and vitamins
- Additional masks
- Contacts and solution for duration of program
- Sunglasses
- Umbrella
- Non-valuable jewelry
- Clothing and shoes for 1 week (see page 2)
- Toiletries (see page 2)
- School supplies: notebooks and pens/pencils
- Copies of other documents: class schedule, Proposal for Transferred Credits, etc.
- Resealable plastic bags (various sizes)

## suitcase (long term program)

In addition to the items listed in the two columns above, also bring the following:

- Favorite American candy/snack for homesickness

- Gift(s) for host family members
- Sheet sleep sack and pillowcase (for hostels)
- Clothing for 2-3 weeks and different seasons (see page 2)

# study abroad packing list

OFFICE OF INTERNATIONAL EDUCATION

70 Harvey Hall

715.232.2132

[uwstout.studioabroad.com](http://uwstout.studioabroad.com)

[studyabroad@uwstout.edu](mailto:studyabroad@uwstout.edu)

<https://bit.ly/StoutOIEBooking>

## clothing

- 5 casual short-sleeve shirts
- 5 'nicer' short-sleeve shirts
- 2 tank tops
- 2 'nicer' long sleeve shirts
- 2 sweaters
- 2 sweatshirts/hoodies/fleeces
- 2-3 pairs of jeans
- 2 pairs of 'nicer' trousers (or skirts or dresses)
- 3 pairs of sweatpants or leggings
- 3 pairs of shorts
- 3 sets of workout clothes
- 3 pairs of pajamas
- 1 raincoat
- 1 light coat (perhaps blazer or formal jacket)
- 1 fall or winter coat
- 1 hat
- 1 scarf
- 1 pair of gloves
- 1 pair of nice sneakers
- 1 pair of exercise/running shoes
- 1 pair of flip flops
- 1 pair of formal shoes
- 1 pair of boots with waterproof spray
- 1 pair of sandals or flats (optional)
- 1-2 belts
- A few accessories
- 1 bathing suit and cover-up
- 14 pairs of underwear and socks
- 3-4 bras and 3 sports bras

NOTE: Quantities above are suggestions for a long term program and should be reduced by at least half for a short term program.

## toiletries

- Shampoo and conditioner
- Body wash with washcloth/loofah
- Face wash
- Shaving supplies
- Deodorant
- Hairbrush/Comb
- Toothbrush and charger (if electric), toothpaste, dental floss, and mouth wash
- Sunscreen and moisturizer for face and body
- Body spray, perfume, or cologne
- Tweezers and nail clippers with nail file
- Cotton swabs
- Travel size anti-wrinkle spray
- Insect repellent
- Hair accessories
- Makeup and remover
- Feminine hygiene products, esp. tampons (may be difficult to find in some countries)

DO NOT BRING a hair dryer, curling iron, or straightener, as they often blow out even with an adapter; instead, buy when you get there

## packing tips

- Pack light - don't bring more than you can carry!
- Pack clothes that mix and match and layer well
- Pack for the weather and seasons of the host country plus any other places you plan to visit
- Avoid clothes that wrinkle easily
- Avoid clothes that may offend the host culture
- When in doubt, choose comfort over style
- Leave space for souvenirs and purchases