

Travel Packing Guide for Students

Office for Global Engagement

Use this list as a general guide for travel packing on programs abroad. It will help you identify items to consider. Remember that shorter, more mobile programs/trips will require lighter packing! Always pack in advance of your trip and make sure that you can carry your bags without assistance.

What to Pack in Your Carry-on

Here is a list of a few carry-on essentials. Make sure that what you pack in your carry-on luggage conforms to Transportation Security Administration rules, by visiting TSA and learn about the [3-1-1 Rule](#).

- Passport (with visa, if applicable)
- Airline ticket(s) and arrival instructions
- Electronics such as laptop & charger, cell phone & charger and headphones
- Change of clothing (if luggage is lost)
- Toiletries (see 3-1-1 Rule)
- Portable Kleenex
- Purse/ wallet
- \$200 in local currency, Credit/Debit Card

Clothing

General (varies depending on program, season, location, etc.)

- 10 days' worth of underwear and socks
- 2 pairs of jeans – one nicer, one more casual (plus belt)
- 1 pair of casual pants (khakis, corduroys, etc.)
- 2 everyday casual skirts or dresses for women, 1 pair of nicer dark slacks for men
- 5-6 T-shirts/polo shirts/casual button-downs
- 1 lightweight sweater for layering
- **If it will be warmer:**
 - 2-3 pairs of shorts/skirts

TIP

Investing in a Money Belt that can be attached to your body while traveling (especially in the airport) can be helpful in keeping all your important documents & items together. Inside pockets and a sturdy shoulder bag with straps worn across the chest are also ideal. The following companies offer security (slash-proof, locking zippers, RFID, etc.) products: Eagle Creek, PacSafe, Travelon.

- **If it will be colder:**
 - 1-2 sweaters
 - 1 lightweight fleece, hoodie, or sweatshirt
 - 1-2 long-sleeved T-shirts

Outerwear

- **If it will be warmer:**
 - 1 light, all-season, water-proof jacket (or raincoat). Gore-Tex™ is a popular choice
- **If it will be colder:**
 - Winter coat
 - Hat, gloves, scarf

Formal Occasions or Internships

- 1-2 dresses for women (suggested: a simple, solid color dress that you can dress up/down with accessories – like a scarf, wrap, cardigan, belt, etc.)
- A suit and tie or a blazer, slacks and button-down shirt for men
- Dress socks/hosiery

Other Clothing Items to Consider Based on Interests/Activities

- Athletic wear (workout clothes, running shoes etc.)
- 1-2 pairs of bathing suit(s)

Footwear Essentials

- 1 pair of very comfortable and broken-in walking shoes
- 1 pair of dress shoes
- 1 pair of flip flops for the shower, beach, etc.
- 1 pair of slippers (especially if living in a homestay or with a host)
- For cooler weather or outdoor use, consider packing comfortable casual boots. If you like to explore the outdoors, pack comfortable, waterproof hiking boots or other appropriate shoes for day-long outings.

Bath and Toiletries

- Deodorant
- Wash Cloth
- Contacts & contact solution (and your glasses)
- Toothbrush, toothpaste, floss

TIP

Some students opt for bringing waterproof jackets that convert to colder weather coats through additional zip-in linings or layering with a heavy fleece, etc.

TIP

Understand that your accommodations may be warmer or cooler than at home.

TIP

Be mindful of the cultural norms at your destination, and dress accordingly. For safety, avoid wearing expensive-looking jewelry and accessories.

- Hair brush/comb
- Shaver and replacement blades
- Cosmetics/Mirror
- Sunscreen, insect repellent, hand sanitizer
- 1 month of feminine hygiene products (some recommend more due to product differences)

TIP

Place liquid/gel products in sealable/leak-proof plastic baggies

Additional toiletries to consider

- Small towel
- Electrical Items (small hair dryers, curling irons, electric shavers, etc.)
- A mini “first-aid kit” with a small supply of band aids, antiseptic, Tylenol/Advil, Pepto-Bismol, Imodium, cold medicine, aloe gel, hydrocortisone cream, motion sickness medicine, etc.
- Prescription medicine (in original bottle, carry actual prescription letter from doctor, take in hand luggage and enough for the entire trip plus a little extra)

TIP

Most electricity abroad operates at voltages that require transformers and adaptors to operate U.S. electrical items. If you are bringing these, check your locations respective plug/outlet standard.

Important Documentation/Finances

- A photocopy of your passport, driver's license, medication information, insurance cards, immunization records, itinerary information, and credit cards that you plan to bring with you. Leave a second copy with a family member or friend.
- A list of family/friends addresses for postcards, letters, gifts or emergencies

Other Useful Items to Consider

- Backpack/Daypack (for daily use and as your carry-on)
- Reusable water bottle
- Hat, Watch, Sunglasses
- Flash drive
- Small umbrella
- Small flashlight or headlamp
- Mesh laundry bag
- Travel guide(s) (Rick Steves, Rough Guides on a Budget)
- A few photos of family and friends
- Book(s) to read when traveling or relaxing (or Kindle App)

If you have a Host/Host family

- Bring a small gift for your host that is representative of your hometown such as a box of local candy

Favorite Free Travel Apps

- Communication Apps such as WhatsApp (Everywhere), Skype (Everywhere), Viber (Central and South America), WeChat (Asia)
- Maps.me
- Google Translate
- DuoLingo
- Kindle App
- TripIt
- XE Currency Converter
- TripAdvisor
- Mint

Note:

Students are REQUIRED to have the ability to communicate back to the University or their program leader during an emergency. Your cell phone data and calling may not work abroad, unless you buy a SIM card or modify your plan with your carrier. Ask your program leader for recommendations.

Visit us online at [Rochester.edu/global/travel](https://www.rochester.edu/global/travel) for more travel resources.