

PACKING ADVICE

WHAT TO BRING

What you will need to bring with you will obviously depend on when and where you are going and what type of program it is.

“Less is more” is the golden rule of packing for traveling abroad. Especially if you plan on traveling once you are in your host country, you want your bags to be as lightweight and portable as possible.

Make note of your airlines’ luggage restrictions and the fact that you will have to carry your luggage yourself during some points of the journey. Some airlines limit checked luggage to one piece weighing 23kg maximum (50 lbs). They charge (\$50) for an additional piece of luggage. They may also limit carry-on to one piece plus personal item, the aggregate to weigh a maximum of 12kg - 18kg. Also keep in mind that, although you will likely accumulate new items the same luggage restrictions will be in place for your return trip.

- Check and follow your program’s packing list (if there is one) or ask a returned student. Refer to The Universal Packing list <http://upl.codeq.info/index.jsp>.
- Clothing: Bring far less than you think you will need and leave room in your suitcase since you will accumulate items during your stay.. Your goal should be to dress in a culturally acceptable way for each occasion. Much will depend on the type of program you are doing and the time of year. There are several things to remember when selecting clothing. Avoid bulky items. It should be easy to wash, be colorfast so it can be laundered together, dry quickly, and be wrinkle-free. You’ll want at least one set of nicer clothing for evenings out. Include good walking shoes, rain gear, hat, etc...
- Medicine and toiletries: RX meds (+ prescription), depending on where you are you can probably buy most everything you need locally except extra eyeglasses, extra contact lenses and cleaning solutions.
- Miscellaneous: camera, charger, extra memory card, flashlight, address book, journal, reading material, day pack/small compressible knapsack, luggage locks and tags, alarm clock, favorite music , plug adapters and/or voltage converter.
- You may wish to purchase a portable, battery operated combination smoke/carbon-monoxide detector to take with you for your residence. You may review this option with both your family and your program.
- Laptop &/or other devices: If you do choose to bring a laptop with you, make sure it works on 220V AC current (almost all of the computers on the market do). Please make sure that they are insured under your parents’ home owner’s insurance policy.
- Pack a few small personal items that will remind you of friends and family. They will make a big difference if you get homesick.
- Bring small gifts to give to host family, roommates, friends and neighbors. You should bring something that represents your specific region of the United States (or your home country) – inexpensive, lightweight, and representative of your home culture, Colby, or your hometown. Consider calendars or postcard books with pictures of your home town, local treats like maple syrup and a pancake recipe, T-shirts or cap from your favorite team or city, or music CDs (consider whether they’ll have the technology to play these). If you’ll be staying with a family that has children, consider baseballs, pickup sticks, Frisbees, jacks, children’s books, or an empty scrapbook to be filled by you and the family together. Also bring some pictures of your (real) family, because your host family is sure to be curious.
- Money: Money belt or neck wallet, cash, ATM card, credit cards, travelers checks, calling card, etc.
- Documents: passport & visa(s) (& photocopies), tickets, letters of admission from your program/university abroad, international certificate of vaccinations, Insurance & travel insurance info, photocopies of credit and ATM cards, and your OCS predeparture handbook.

WHAT NOT TO BRING

- Do not bring more than you can carry on your own.
- Do not bring anything with you that has great sentimental value—you will most likely not use it, and it may be lost or stolen.
- Avoid bringing unnecessary electrical appliances (hair dryers, etc.) since the electrical current and plugs will be different. If you do need to bring an appliance, make sure it is rated for both 110V (US) and 220V, and that you have a plug adapter.