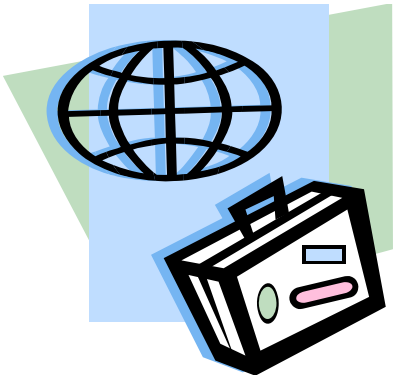
PACKING TIPS FOR STUDY ABROAD

1. Check with the airlines to learn about their luggage policy. Most airlines allow international travelers to check two pieces of luggage, up to 50 pounds each, at no charge and to bring one small carry-on. Make yourself aware of your airline's policies.
2. Identify your belongings. Display your name and permanent address, as well as your overseas contact address, on labels outside and inside your luggage. This way, if your outside label is lost, your belongings may still be identified.
3. Limit yourself to the essentials. You will no doubt acquire things overseas. When packing for your trip, try to limit yourself to the 2-bag rule so that you aren't bogged down on your return trip.
4. Only pack what you can carry. You will be transporting your luggage in buses, subways, and taxis with limited space and limited assistance from others.
5. Take luggage with wheels.
6. Pack all valuables in your carry–on bag. This includes passport, visa, identification cards, health insurance card/medical documents, medications, cash, credit/debit cards, ATM cards, traveler's checks, acceptance letter, ticket, and important contact info.
7. Keep your passport with you at all times. In addition, bring two photocopies with you and store them in different locations.
8. Pack extra clothes in your carry–on bag. Take a full change of clothes, toothpaste, toothbrush, and deodorant in your carry-on.
9. Establish contact ties with the NCCU OIA office! Leave a photocopy of your passport, visa page, acceptance letter, travel itinerary, and overseas contact information with the study abroad coordinator.
10. Keep in touch with your relatives. Understand that this is going to be stressful experience for your relatives. Please be sure to remain in contact with them throughout your trip so that they are aware of your well-being. In addition, leave with them copies of your passport, visa page, acceptance letter, travel itinerary and overseas contact information, as well as copies credit card numbers, traveler's check numbers, prescriptions, insurance card and other important information.



General Suggestions: What do I Pack?

Clothes

- Roll clothes or use space saver bags.
- Take clothes that you can wear more than once, will dry easily, will hide dirt, and you can mix and match.

The items of clothing you take with you depend largely on the climate of the country to which you are traveling. In general, we suggest that you pack the following, omitting any seasonal items not relevant to the climate in your country of choice:

- 10 shirts/blouses/sweaters
- 4 pairs of pants, 2 belts
- 2 pairs of shorts
- 10 pairs socks and underwear
- 1 pair of pajamas
- 1 pair of sturdy, comfortable walking/athletic shoes
- 1 pair dress shoes
- 1 pair sandals/flip flops/shower shoes
- 1 pair house slippers
- 1 business suit (if applicable)
- Warm coat/jacket
- Hat/gloves/scarf
- 1 bathing suit
- Sunglasses

Toilet/Bathroom Articles

Please note that these items will be available to you overseas, however, if you have preferred or trusted brands that you feel most comfortable/confident using, pack them along. Suggested items:

- Shampoo/Conditioner (2in1 saves H_2O)
- Soap & Loofa
- Razor
- Comb/brush,
- Toothbrush/paste
- Hand/body lotion
- Makeup
- Contacts & solution/eyeglasses
- Deodorant & perfume
- Nail clippers/file
- Medical prescriptions
- Over-the-counter medicines (cold medicine, anti-diarrhea medicine)
- Mini/travel-size hair dryer**
- Sunscreen
- Contraceptives

**Electrical current in your host country may be supplied at different volts and cycles (American standard is 110 volts, 60 cycles.) Therefore, for any appliances you bring with you, such as personal computers, hairdryers, alarm clocks, etc., you will need a plug adapter and a transformer.

Bedding and Towels

Check with your program to see if these will be provided. If not, it is wise to purchase upon arrival.

School Supplies

Again, these items will be available to you abroad, so use your best judgment when allotting luggage space for these items. You may want to use your backpack as your carry-on so you don't have to pack it.

- Pens, notebooks, etc.
- Calculator (depending on the functions, calculators can be pricey, so if you will definitely be needing one you already own, take it with you)
- Language dictionary
- Avoid packing lots of books as they are heavy and bulky

Miscellaneous

- Alarm clock with extra batteries
- Small flashlight
- Journal
- Copy of your travel itinerary
- Travel guide book such as Lonely Planet, Let's Go, Rough Guide, etc.
- Compact umbrella/rain gear
- Personal computer**
- Camera** (Memory Cards/5-10 rolls of film)
- Address book
- Combination lock
- Four extra passport-sized photos
- IPod/MP3 Player/CD Player
- Pictures of your loved ones
- Gift for your host family (NCCU, NC or USA souvenirs)
- Open mind/flexibility/patience/sense of humor

** Use caution when traveling with expensive items. Ensure its safe keeping. Make sure you are aware of power adaptability in your host country. Bring your computer's purchase receipt in case you are questioned in customs.

Information obtained from www.miami.edu/cstudies-ieep/**Packing_Tips**.pdf and modified by NCCU OIA.