

Study Abroad Packing

Packing for a study abroad program requires preparation. You should begin by considering the following:

- Type of luggage and luggage tags/labels
- Luggage allowance & restrictions (for both checked and carry-on bags)
- WHAT to pack

Type of Luggage:

The type of luggage you use can greatly affect the efficiency and comfort with which you travel. Durability is a must, along with a few other suggestions:

- **FOR CARRY-ON LUGGAGE:**
 - Use a back pack, carry-on suitcase with wheels (for easy transportation), or a large bag with a comfortable shoulder strap (be mindful of airline restrictions)
- **FOR CHECKED LUGGAGE:**
 - Select a well-sized, durable bag to hold all necessary belongings plus allow room for souvenirs purchased abroad (be mindful of airline restrictions)
- **LABEL YOUR LUGGAGE:**
 - Use UWM luggage tag(s) and include a contact card with your *name*, *home address* and a *phone number* where you and/or a designated contact can be reached

Luggage Allowance & Restrictions:

It is essential that you read your airline's restrictions for both checked and carry-on luggage, as luggage allowance quite often varies. Many airlines require that checked bags weigh 50 pounds or less. Be mindful of the number of bags allowed for your flight(s) and the airline's fees for checked bags.

Airport security also limits what you can take in your carry-on luggage. Liquids, gels and aerosols are heavily monitored; this includes lotions, lip gloss and other items commonly found in one's purse or pockets. Please visit the following website for more information about these restrictions.

- Liquid Rules: <http://www.tsa.gov/travel/security-screening/liquids-rule>
- Airport security traveler information: <http://www.tsa.gov/traveler-information>

What to Pack:

Remember that you will need to carry all of your own luggage! The unwritten rule is to pack everything you think you'll need and then practice carrying all of your luggage around a city block and up two flights of stairs (and then take some things out). Be sure to save room for souvenirs that you will purchase abroad. Put anything that may spill in a zip-lock plastic bag. Pack an extra outfit in your carry-on luggage.

Clothing

WEATHER / CLIMATE-DEPENDENT (be prepared for diverse weather conditions)

- Sweaters/Sweatshirts
- Poncho/Rain Jacket
- Shoes - Rainproof
- Shorts (may not be appropriate in certain cultures or climates)
- Skirts/Trousers/Dresses (may be more comfortable and culturally appropriate in some areas)
- 1 bathing suit
- 1 light jacket
- Winter coat, gloves, hat (depending on location and season)

BASICS (bring clothing that can be layered and is interchangeable)

- Blouses/Shirts
- Sweaters/Sweatshirts
- Pajamas
- Socks/ Underwear
- Flip flops (shower shoes), sneakers, dress shoes, GOOD walking shoes
- 1 hat
- 1-2 nice outfits

Medicine and Toiletries

- Prescription medicine (**carry copy of prescription**) *** **KEEP IN CARRY-ON LUGGAGE**
- Toothbrush and toothpaste
- Soap, shampoo and deodorant
- Comb and/or brush
- Sunscreen, moisturizers, cosmetics
- First Aid Kit
- Hand sanitizer
- Contraceptives, condoms (if these will be needed)
- Aspirin, Ibuprofen or other pain killers/fever reducers
- Tampons and/or pads, other feminine hygiene products
- Razors and refill blades
- Sunglasses
- Extra eyeglasses/contact lenses, cleaning solution, copy of prescription*****KEEP IN CARRY-ON LUGGAGE**
- Tweezers, nail files, nail clipper
- Towel and wash cloth, bed linens (if not provided by program site)

Miscellaneous

- Phone
- Laptop
- All chargers for electronics
- Adapter and voltage converter with appropriate plugs
- Watch
- Camera and extra memory cards (if desired)
- Flashlight
- Journal
- Books, guides, maps, handbooks
- Paperback books or e-reader
- Dictionary
- Day pack/small compressible backpack
- Plastic and/or cloth storage bags (for laundry, groceries, etc.)
- Money belt or neck wallet
- Change purse
- Umbrella
- Luggage lock and tags
- Moist towelettes

DO NOT TAKE:

- Expensive jewelry or luxury items
- Anything you cannot afford to lose

Gift Suggestions:

It is always thoughtful and respectful to bring a gift for your hosts. Consider bringing items that are common to American culture and perhaps new to your host country. Here are some suggestions:

- UWM logo gear (i.e. caps, clothing, etc.)
- Milwaukee- and/or Wisconsin-themed items
- Cookbooks with American recipes (pancakes, chocolate chip cookies, etc.)
- Non-perishable foods (peanut butter, saltwater taffy, etc.)
- Calendars with U.S. scenery
- Pen/ink drawings or professional quality photographs of Milwaukee or your hometown
- U.S.-style paraphernalia (Disney, NBA, MLB, NFL, etc.)
- Handmade crafts or jewelry (especially Native American)
- Pictorial book (i.e. coffee table book)
- Card games, board games