



*To Pack or
Not to Pack...
that is the
question!*

Toiletries, Medications, and Personal Items

- There is no need to take full size bottles. Virtually everything you need will be available in your new country, and you might even find you like some of their brands better!
- If you take a prescription medication regularly, you may want to work with your Dr/Insurance company on getting several refills to take with you
- Feminine products are also readily available. It is up to you to decide how much room in your baggage you want to take up for these products



Clothes, Clothes, and more Clothes

Pack a limited number of clothes, and only the things you KNOW you will wear.

For the best variety pack 60-70% tops and 30-40% bottoms, then mix and match.

Bring some comfy lounge clothes, and some options for exercise and dressier occasions.

Try to pack things that will work for you. A 3-in-1 jacket is a perfect example of such versatility.

You will shop, be discerning with what you buy. Will you feel more comfortable in the “local style”? Keep in mind how much you will be able to take home with you.

Look at your shoes...do you really need to take 8 pair of tennis shoes, and 6 pair of dressy heels?

Use packing cubes to help make room for the things you need, while also considering the weight limits of your bags.

Pack what you think you need, and then take some away!



Books and Hobbies

Remember, you are trying to experience a new culture, a new community, and a big part of that is opening yourself to new experiences.

Does that mean you need to give up all the things that make you you? Not at all, but consider what things will be your focus for this 1 year.

More often than not, many large items, like bikes, musical instruments, etc, will also be available to you in your host country.



Carry on

- A few changes of clothes
- All medications
- A copy of your passport, credit/debit cards
- A small amount of cash
- A photo of your luggage, and a list of what is packed

Checked Bags

- Gifts
- Limited amount of clothes/shoes that you will actually wear
- Duffel bag, for weekend travel and extra room on the way home
- Use something to make your bag easily identifiable
- Take photos of your bag in case they are lost

Keeping track of it all.....

- Place a ribbon or tag on your luggage to make it stand out.
- Keep a photo with you in case it is lost.
- Make photos of your passport, id, credit/debit cards: Keep one in your carry on, and leave one at home with your parents
- Pack the things you “can’t go without” in your carry on.