

INTERNATIONAL EXPERIENCE PACKING LIST

Prepared by the Texas Tech International Engineering Program

BASICS

travel documents

- Passport + Copy
- Visa + Copy
- Driver's License Copy
- Insurance + Copy
- Emergency Contact Info.
- Airline Tickets
- Itinerary

funds

- Wallet
- \$100 Cash (Local Currency)
- Credit Card
- ATM (Debit) Card



technology

- Voltage Adapter/Converter
- Cell Phone + Charger
- Laptop + Charger
- Camera + Charger
- Music Player + Charger
- Headphones

travel gear

- Water Bottle
- Snacks
- Travel Pillow + Blanket
- Sleeping Mask
- Ear Plugs
- Travel Lock & Keys
- Luggage Tags
- Hand Sanitizer
- Sewing Kit
- Money Belt
- Journal
- Umbrella
- Hospitality Gifts
- Map/Guide of Host Country



CLOTHING

essentials

- Underwear/Bras
- Socks
- Pajamas



casual

- Athletic Wear
- Swimsuit
- T-Shirts
- Long Sleeve T-Shirts
- Jeans
- Shorts

dressy

- Blouses
- Sweaters
- Slacks
- Skirts
- Dresses



outerwear

- Light Jacket
- Coats
- Raincoats
- Hats
- Gloves
- Scarves

footwear

- Sandals
- Athletic Shoes
- Flats/Loafers
- Dress Shoes
- Boots



accessories

- Backpack
- Purse
- Belt
- Watch
- Jewelry
- Sunglasses

HYGIENE

Shower

- Shampoo
- Conditioner
- Body Wash
- Face Wash
- Shaving Cream
- Razors
- Washcloth

dental

- Toothbrush
- Toothpaste
- Floss



hair/makeup

- Brush/Comb
- Hair Products
- Hair Bands/Pins
- Makeup
- Makeup Remover

medicine

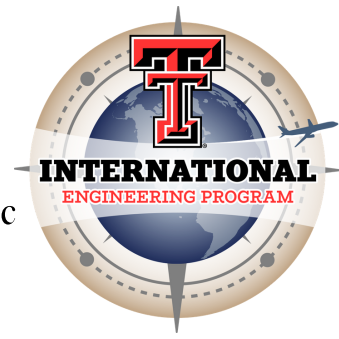
- First Aid Kit
- Prescription Medication
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misc.

- Lotion
- Lip Balm
- Sunscreen
- Extra Contact Lenses + Solution
- Glasses
- Perfume
- Deodorant
- Lint Roller
- Feminine Products
- Pocket Translator/Dictionary
- Student ID and/or ISIC Card



IMPORTANT INFORMATION



Please Note:

The packing list above may or may not reflect what you need to bring to your specific program. Please check with your program provider to see if there are any additional items you may need or if certain items are unnecessary. It's important to take into consideration the season(s) you'll be traveling abroad (specific to the country).

General Tips:

- Do not bring expensive jewelry or other valuable items
- Clearly identify ALL luggage inside and out with your name and destination
- Check airline regulations for weight, size and number of bags – do not take more than two bags. Room space will usually be limited.
- Some prescription medications are illegal in certain countries. Check the [CDC website](#) for more information.
- Items with heating elements such as hair dryers and curling/flat irons do not convert well to other voltages. You can buy these in-country.
- Items such as deodorant and feminine products may not be available in your host country. It is best to bring them with you.
- Leave extra space in your bags for things you will want to bring home.
- Pack a change of clothes, important documents (passport, visa, etc.) and any prescription drugs you might need in your carry-on bag in case your luggage gets lost.
- Keep a copy of your passport in a different place than your actual passport. Also leave a copy at home and send a scanned version to your email address to ensure a quick handling on-site / at the local embassy or consulate in case your passport gets lost or stolen.
- Check with your cell phone provider on international plans available for you while abroad.
- Make sure your bank allows you to make payments abroad with your credit card and that you know your PIN code necessary for ATM withdrawals.
- Keep a list of phone numbers to cancel credit cards in case of loss or theft.
- Download a map app to your cell phone to help you navigate, e.g. by using [MAPS.ME](#) and make sure the maps are available in the offline mode.

On the Airplane:

- You will be on the plane for a long time. Wear comfortable, loosely fitting clothes and dress in layers to accommodate changes in the temperature as you travel. Bring one set of clothing in your carry-on luggage in case your check-in luggage gets delayed or lost.
- Please read the [TSA Guidelines](#) before packing your luggage so that you will know what you are allowed to bring with you on the airplane in your hand luggage and what is allowed in your checked luggage.

Clothing:

- Check out the weather forecasts for your travel destinations (e.g. <https://weather.com>) to decide on appropriate clothing
 - Take clothes that are easily washed, dry quickly, and require minimal ironing.
 - Work around a basic scheme of mixing, matching, and layering.
 - Bring at least one professional outfit for company visits or internship interviews.
 - Bring comfortable walking shoes.
- [HTTP://BIT.LY/HERCAMPUSLIST](http://bit.ly/hercampuslist)
 - [HTTP://BIT.LY/ABROADGUIDELIST](http://bit.ly/abroadguidelist)
 - [HTTP://BIT.LY/SABDLIS](http://bit.ly/sabdlis)