

PACKING

Packing light makes traveling easier! Remember, you must carry and store your own luggage; we recommend bringing one suitcase and one carry-on.

PRO TIP CISI insurance doesn't cover personal property; consider purchasing personal property insurance.



SAMPLE PACKING LIST

Official Documents and Program Necessities

Photocopy each of these items and keep them separate from the originals. Bring one copy abroad and leave another copy with a family member.

- Passport
- Airline ticket
- Cash, credit cards
- CEA Arrival Card

Clothing/Dress

Take comfortable clothes you can mix and match. Most countries follow a smart casual dress code. Bring good walking shoes; locals walk more than you may be used to.

- Pajamas
- Slippers/shower shoes (most floors are tiled, not carpeted)
- Jeans
- Slacks
- A couple of nice outfits (skirts, dresses, or nice pants)
- Short-sleeve shirts/blouses
- A couple of long-sleeve shirts/sweaters
- All-purpose jacket
- Bathing suit and beach towel
- 1 pair each of comfortable walking shoes and nice shoes/sandals

Health Needs

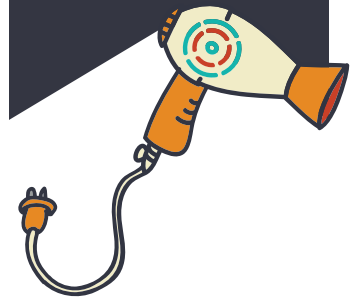
- Copies of prescriptions
- Sufficient medication marked with the generic name and dosage
- Insurance card
- Health kit containing vitamins, aspirin, antacid, Band-Aids, antiseptic, and safety pins
- Extra contact lenses/cleaning supplies and/or extra eye glasses
- Sunglasses and sunscreen

Miscellaneous

- Guidebook on your host city/country
- Money belt
- Camera and memory card
- Travel alarm clock
- iPod/MP3 Player, batteries, and favorite music
- Computer for school work
- Backpack
- Phrase book and/or language dictionary
- Adaptor/converter if you plan to use electrical appliances overseas
- Travel-sized basic toiletries packed in sealed Ziploc bags
- Umbrella

QUICK TIP

Carry personal documents, money, and credit cards on your person using a money belt or pouch tucked under your clothes.



WHAT NOT TO BRING

- Iron or ironing boards
- Expensive jewelry (may become a target of theft.)
- Heavy items (your arms and back will thank you!)
- Hairdryers and curling irons (even with a converter, they may overheat/burn out – buy these items once you arrive.)
- Items that cannot be replaced!