

The Essentials

- Important documents (passport, visa, itinerary, plane tickets, etc.)
- \$100 in U.S. currency (make sure you have enough cash for a few days until you can find an ATM)
- **Linens, bed sheets, pillow, and towels (the university provides temporary linens that must be returned once you purchase your own)**
- Extra eye glasses/contacts
- Enough prescription drugs for the length of your stay (You will need to check to make sure you can bring them into the country and that you have proper documentation, i.e. a doctor's note)
- Backpack - Use this as your carry-on so you'll have less luggage.
- Computer w/charger
- Adapters (changes the shape of the electrical plug)/converter (reduces or increases the current's voltage)
- Something fun to do on the plane!

Clothing/Shoes (can always be purchased in the U.S.)

- Jeans (2-3 pairs) [can substitute a pair or two with skirts or khakis if going to warmer climates]
- Sweaters/Hoodies
- T-shirts
- Long sleeve shirts (Good for layering!)
- Underwear and socks
- Pajamas
- Workout clothes
- Coat/Jacket (water resistant with zip pockets and removable lining)
- One nice outfit for special/formal occasions
- Decent walking shoes

- Flip flops

Toiletries (can always be purchased in the U.S.)

- Shampoo/Conditioner
- Toothbrush/toothpaste
- Soap
- Deodorant
- Shaving supplies
- Brush/Comb
- Contraceptives
- Suntan lotion
- Makeup

Miscellaneous

- Refillable water bottle/coffee mug
- Purse
- Watch
- Sunglasses
- Journal (to write your memories in – journaling really helps students deal with culture shock – some people suggest writing online, but generally you might not have internet access while you're traveling so having something you can physically write in every day or night is a good idea)

DO NOT BRING: Power strips from your home country (they won't work here). The U.S. will use a different voltage than your home country and you'll need voltage converters for items you bring from home.