

PACKING LIST

This is an example of things you may consider bringing. Where and how you study and travel will alter this list. Search online for more country specific packing lists.

Documents

Passport/Visa(s) & driver's license & student ID
 Cash & Credit/ATM Card(s)
 Health Insurance Documents
 Reservations & Itineraries
 Host family/school contact Info
 Copies of Tickets/Passports/etc.
 Emergency Information
 Phrase Book, Guide Books & Maps

Everyday Basics

Main Travel bag/suitcase and day bag/backpack
 Security items (money belt, travel lock, etc.)
 Lightweight, layerable, easy care clothing
 *most countries dress more formal than MT
 Sleep Sac/Hostel Sheets
 Watch
 Hat
 Scarf/Bandana
 Headlamp/Flashlight
 Rain Jacket/Umbrella
 Sunglasses
 Travel Footwear
 Water Bottle or Bladder
 Ear Plugs
 Camera, Memory Card, & Charger
 Electrical Converters & Adapters
 Travel Alarm (battery operated)
 Travel Journal & Pen(s)
 Music, Ipod, etc. & headphones
 Reading Material & games/cards
 Pocket Knife/multi tool (pack in checked luggage)
 Extra Batteries
 Sewing Kit

Study Abroad Stuff!

2 notebooks and folders
 A couple pens/pencils
 Computer & cords (optional)
 Calculator (depending on courses)
 Gift for host family from MT or hometown

Travel Health

**Consult your physician for help in planning your trip's medication needs.*
 Basic First Aid Kit
 Pain & Fever Relievers
 Diarrhea/Laxative Medicines
 Personal Prescriptions
 Sunscreen/Lip Balm
 Insect Repellent/Mosquito Net

Toiletries

Comb/brush
 Toothbrush & paste/floss
 Deodorant
 Personal hygiene items
 Skin care lotion/creams/aloe
 Shampoo, conditioner & soap
 Tweezers
 Razors
 Travel towel
 Contacts and solution

What NOT to bring:

More than two normal-size suitcases and a carry-on
 Anything that is illegal in the US, host country or any countries along the way!!
 Valuable or expensive items (jewelry, watches, etc.)
 Social Security card