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

**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

**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

**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