

## **GEO Study Abroad Packing List**

Please use this list as a suggestion of what you may need for your travels.  
Adjust based on your destination, lifestyle, and personal needs!

### **In Your Carry-On**

- ☐ Personal Items
  - Emergency Contact Card
  - Passport (with visa) and identification
  - Travel and program documents
  - Money (USD and local currency), Debit, and Credit Cards
  - Health Insurance Information
  - Tickets (for flights and any proceeding travel)
  - Address of destination after flight
  - Sunglasses
  - Purse or travel wallet
  - Valuables
- ☐ Travel Gear
  - Electronics (phone, computer, tablet, camera, etc. – bring only what you really need) + chargers and/or battery pack
  - Headphones
  - Travel Pillow, eye Shade, and earplugs
  - Gum, snacks, and water bottle (to fill after security)
  - Reading material or entertainment
- ☐ Toiletries (liquids or gels in less than 4oz quantities, packed in a 1 quart zip-top bag)
  - Toothbrush and toothpaste
  - Deodorant
  - Eyeglasses / contacts and supplies
  - Make Up
  - Face/body wipes
  - Hand sanitizer
  - Rx medications and original written prescriptions from your doctor
  - Vitamins (especially Vitamin C packets)
  - Comb, hair ties, brush, etc.
  - Feminine products
- ☐ Sweater or light blanket



## **In Your Checked Baggage**

- ☐ Personal Items
  - Copies of documents, credit cards, identification, etc.
  - Small mementos or photos from home
  - Journal
- ☐ Toiletries – remember, most items can be purchased in country!!
  - Any larger-sized containers of the items, above
  - Sunscreen and skin care
  - Razor, nail clippers, tweezers, etc.
  - Hair products
  - Specialty products
- ☐ Clothing – *remember, you will do laundry and can buy items locally! About 2 weeks' worth of clothing is a good estimate.*
  - Outerwear:
    - Jacket(s) – depending on climate and season
    - Rain gear
    - Vest or lighter outerwear
    - Hat (for warmth or sun protection, depending on location)
    - Gloves, scarf, long underwear (if necessary)
    - Bathing suit
  - Regular items
    - Shirts (tanks, short-sleeve, or long-sleeve--consider climate, formality, and your personal needs), 5-10
    - Sweater or warmer tops, 2-3
    - Pants (jeans/everyday pants, dressier pants, workout, and lounge pants) 3-5
    - Shorts and/or skirts, 1-3
    - Undergarments (including athletic wear, long underwear, etc.), 14
    - Socks, 14
    - Formal outfit, 1
    - Pajamas – 2
    - Belts, ties, or other accessories
    - Additional workout or outdoor clothes
  - Shoes
    - Sturdy walking shoes (athletic shoes, light hiking boots, or comfortable sandals), 2
    - Workout shoes, 1
    - Formal shoes, 1
    - Location specific shoes (sandals, hiking boots, rain boots, etc.), 1-2



- ☐ Electronics
  - Additional chargers
  - Outlet adapters (2-3)
  - Batteries, if needed
- ☐ Medical
  - First Aid kit
  - Travel prescriptions
  - Additional vitamins or medications
  - Sexual health items
- ☐ Other
  - School supplies (only if you can't buy them in country)
  - Small gifts from NM (or your home state) for host family or new friends
  - Travel guidebook
  - Language guide
  - Travel umbrella
  - Additional luggage (like an extra duffel to bring home souvenirs)
  - Linens or towels, if not provided by your accommodations
  - Travel sheet (if using hostels)
  - Water purifier (if living in an area with non-potable water)
  - Favorite foods (non-perishable, not available in host country): protein bars, hot sauce, tea, etc.