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
  o Emergency Contact Card
  o Passport (with visa) and identification
  o Travel and program documents
  o Money (USD and local currency), Debit, and Credit Cards
  o Health Insurance Information
  o Tickets (for flights and any proceeding travel)
  o Address of destination after flight
  o Sunglasses
  o Purse or travel wallet
  o Valuables

☐ Travel Gear
  o Electronics (phone, computer, tablet, camera, etc. – bring only what you really need) + chargers and/or battery pack
  o Headphones
  o Travel Pillow, eye Shade, and earplugs
  o Gum, snacks, and water bottle (to fill after security)
  o Reading material or entertainment

☐ Toiletries (liquids or gels in less than 4oz quantities, packed in a 1 quart zip-top bag)
  o Toothbrush and toothpaste
  o Deodorant
  o Eyeglasses / contacts and supplies
  o Make Up
  o Face/body wipes
  o Hand sanitizer
  o Rx medications and original written prescriptions from your doctor
  o Vitamins (especially Vitamin C packets)
  o Comb, hair ties, brush, etc.
  o Feminine products

☐ Sweater or light blanket
In Your Checked Baggage

□ Personal Items
  o Copies of documents, credit cards, identification, etc.
  o Small mementos or photos from home
  o Journal

□ Toiletries – remember, most items can be purchased in country!!
  o Any larger-sized containers of the items, above
  o Sunscreen and skin care
  o Razor, nail clippers, tweezers, etc.
  o Hair products
  o Specialty products

□ Clothing – remember, you will do laundry and can buy items locally! About 2 weeks’ worth of clothing is a good estimate.
  o 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
  o 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
  o 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
  o Additional chargers
  o Outlet adapters (2-3)
  o Batteries, if needed

☐ Medical
  o First Aid kit
  o Travel prescriptions
  o Additional vitamins or medications
  o Sexual health items

☐ Other
  o School supplies (only if you can’t buy them in country)
  o Small gifts from NM (or your home state) for host family or new friends
  o Travel guidebook
  o Language guide
  o Travel umbrella
  o Additional luggage (like an extra duffel to bring home souvenirs)
  o Linens or towels, if not provided by your accommodations
  o Travel sheet (if using hostels)
  o Water purifier (if living in an area with non-potable water)
  o Favorite foods (non-perishable, not available in host country): protein bars, hot sauce, tea, etc.