

YEAR ABROAD TRAVEL PACKING CHECKLIST



THE ESSENTIALS:

Originals & one photocopy of the following important documents (and leave a second photocopy at home)

- Your Passport (make sure it is valid for at least 6 months prior to completing your trip), photocopy the photo page and all critical document information
- Your tourist visa(s), if applicable
- Your credit or debit card(s) - front and back
- Your health insurance card or certificate - front and back
- Your driver's license or other primary photo identification

NON-CLOTHING ITEMS

- Prescription glasses/contacts
- Medications and prescriptions you take regularly
- Alarm clock (battery operated or solar; not a plug-in clock)
- A watch or time-telling device
- Plug adaptor(s) for electrical items (check for international voltage and electrical outlet information)
- Toiletries - toothpaste/brush, shampoo, soap, deodorant, sanitary items, make-up for the show
- Water Bottle
- Personal items you would like to have (I.E. a journal, notebook, a photo of friends/family, etc.)

OPTIONAL ITEMS:

- Camera, camera battery and charger
- Technology: cell phone, laptop, tablet and/or e-reader
- Reusable diningware

CLOTHING:

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| Athletic sneakers (1) | Leggings (1-3) |
| Bathing suits (1-2) | Long-sleeve shirts (3-5) |
| Boots (1-2) | Pajamas (2-3) |
| Bras (2 sports bras, 2 regular bras, 1 strapless/convertible bras) | Pants (1-2 nice pairs) |
| Casual dresses (2) | Purse (1-2) |
| Everyday comfortable shoes (1-2) | Raincoat (1) |
| Flats (1) | Scarf (1) |
| Flip-flops (1) | Short-sleeve shirts (5-7) |
| Formal outfit (1-2) | Shorts (2-4, if weather appropriate) |
| Gloves (1, if weather appropriate) | Skirts (1-2) |
| Going-out outfit (3-5) | Socks (14 pairs) |
| Hat (1) | Sweaters (3-5) |
| Heavier coat for colder climates (1) | Sweatshirt (2) |
| Heels (1-2) | T-shirts (3-5) |
| Jacket (2; a light one and one for colder weather, if applicable) | Tank tops (3-5) |
| Jeans (2, one black & one blue) | Underwear (14) |
| Jewelry (remember that bringing jewelry to another country is always a risk; don't bring anything too valuable!) | Watch (1) |
| | Workout clothes (2-5) |
- *Do not bring items that cannot be easily replaced, such as expensive jewelry or items with sentimental value.*