

**PACKING POINTERS**  
**IFYE Orientation Materials**



**WHAT TO PACK!**

**Essentials**

- |                                                                                             |                                                                    |                                              |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Passport/Visa                                                      | <input type="checkbox"/> Foreign currency                          | <input type="checkbox"/> Emergency phone #'s |
| <input type="checkbox"/> Insurance health/travel                                            | <input type="checkbox"/> Airline/train tickets                     | <input type="checkbox"/> Reservation info    |
| <input type="checkbox"/> Traveler's Checks/Money/credit cards                               | <input type="checkbox"/> Under wear :)                             | <input type="checkbox"/> Wallet/purse        |
| <input type="checkbox"/> Medication                                                         | <input type="checkbox"/> Money/Document Pouch                      | <input type="checkbox"/> Travel itinerary    |
| <input type="checkbox"/> Copies of travel documents, credit cards etc. In the event of loss | <input type="checkbox"/> Cultural Sharing Items – photos, cd, etc. | <input type="checkbox"/> Gifts               |

**Clothing**

- |                                               |                                            |                                                 |
|-----------------------------------------------|--------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Under Garments       | <input type="checkbox"/> Shoes             | <input type="checkbox"/> Swimsuit               |
| <input type="checkbox"/> Shirts/Blouses       | <input type="checkbox"/> Jewelry/watches   | <input type="checkbox"/> Pajamas/robe/slippers  |
| <input type="checkbox"/> Sweaters/Sweatshirts | <input type="checkbox"/> Suits/Dresses     | <input type="checkbox"/> Jeans/pants/sweatpants |
| <input type="checkbox"/> Socks/nylons         | <input type="checkbox"/> Rainwear/Umbrella | <input type="checkbox"/>                        |
| <input type="checkbox"/> Ties/Scarves/Belts   | <input type="checkbox"/> Coats/gloves/hat  | <input type="checkbox"/>                        |

**Toiletries**

- |                                                 |                                                     |                                                    |
|-------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Brush/comb             | <input type="checkbox"/> Shampoo/conditioner        | <input type="checkbox"/> Lotion                    |
| <input type="checkbox"/> Toothpaste/brush/floss | <input type="checkbox"/> Razors/Shaving cream       | <input type="checkbox"/> Sunscreen                 |
| <input type="checkbox"/> Deodorant              | <input type="checkbox"/> Manicure items             | <input type="checkbox"/> Insect repellent          |
| <input type="checkbox"/> Soap                   | <input type="checkbox"/> Facial cleansers           | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Mirror                 | <input type="checkbox"/> Contacts/cleaning solution | <input type="checkbox"/>                           |

**Miscellaneous**

- |                                                                                                                                                                     |                                                                                                                                                      |                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Electricity Converter                                                                                                                      | <input type="checkbox"/> Travel maps/guidebooks                                                                                                      | <input type="checkbox"/> Sewing kit                     |
| <input type="checkbox"/> Hairdryer/curling iron etc..                                                                                                               | <input type="checkbox"/> Currency converter                                                                                                          | <input type="checkbox"/> Laundry Soap                   |
| <input type="checkbox"/> Travel iron/steamer                                                                                                                        | <input type="checkbox"/> Family Gifts                                                                                                                | <input type="checkbox"/> Clothes line                   |
| <input type="checkbox"/> Camera/extra batteries                                                                                                                     | <input type="checkbox"/> Money belt                                                                                                                  | <input type="checkbox"/> Eyeglasses/ Extra Prescription |
| <input type="checkbox"/> Film/video tape                                                                                                                            | <input type="checkbox"/> Games/Audio player/book                                                                                                     | <input type="checkbox"/> Medications/ Prescriptions     |
| <input type="checkbox"/> Glasses/sunglasses                                                                                                                         | <input type="checkbox"/> Travel alarm/watch                                                                                                          | <input type="checkbox"/> Pre-printed mailing labels     |
| <input type="checkbox"/> First-aid kit – Eye drops, bandaids, blister pad, tweezers, Pepto-Bismol, anti-diarrhea med, prescriptions, first aid cream, aspirin, etc. | <input type="checkbox"/> Share/teaching items from our culture – photos, snack/food items, recipes, baking supplies, games, music, toys, books, etc. | <input type="checkbox"/> Language Translator            |
|                                                                                                                                                                     |                                                                                                                                                      | <input type="checkbox"/>                                |
|                                                                                                                                                                     |                                                                                                                                                      | <input type="checkbox"/>                                |

## **PACKING TIPS**

### **ESSENTIALS**

- ✓ It's a good idea to talk to other people your age who've spent a long time overseas and ask them what they wished they had and hadn't packed. Start by making a list.
- ✓ Try packing your suitcase. Close it, walk with it for half a mile. It is vital that you be able to carry all of your luggage at once, without difficulty. Also, bear in mind that you will most likely return home with more than what you brought!

### **CLOTHING**

- ✓ Pack clothes which can be used in combination to make different outfits.
- ✓ Try to pack clothes with fabrics that require little care (wrinkle-free) (cotton-knit etc..)
- ✓ Pack a change of clothes in a carry-on piece of luggage in the event that you make it to your destination but your checked luggage ends up somewhere else.
- ✓ Try to visualize what clothes you will need (with regard to climate, events you will attend etc.)
- ✓ Don't buy new clothes for your time abroad.
- ✓ Plan clothes that are multi purpose and can be given away at the end of the experience.
- ✓ For maximum space roll items rather than laying them flat.

### **TOILETRIES**

- ✓ Don't bring full sized bottles, bring mini-bottles or sample sizes to conserve space.
- ✓ Place toiletries (etc.) in plastic in the event that items may break or leak and use plastic containers. (Freezer strength Zip type bags are highly recommended)
- ✓ If you wear soft disposable contact lenses, make sure to bring extras with you, as well as your prescription glasses. It's not a bad idea to have your doctor write out your eyeglass/contact prescription as well. Glasses are mandatory if you are traveling to a developing country.
- ✓ Take a trial size bottle of contact lens solution with you, and if you can, find the type that allows you to clean, rinse and soak with the same solution. Make sure your contact lens holder has little screw-top lids with rubber gaskets in them, so that the change in cabin pressure will not force the solution out of the container (the holders with flip-top lids will do this).

### **MISCELLANEOUS**

- ✓ Many travelers do their own laundry while traveling. (A small bottle or packet of detergent can allow you to pack less)
- ✓ Pack heavy items such as shoes on the bottom of a suitcase. Try to limit yourself to no more than two pairs of shoes. Wear the larger pair. You can pack small items such as socks inside the shoes. Put your shoes in shoe bags to prevent soiling of other garments.
- ✓ Pack a collapsible or expandable bag to carry items you purchase on the return leg of your trip. A backpack works great!
- ✓ If you have small breakable items you could pack them in between the clothes so that the clothes can cushion these items and they can be sent safely in the checked in luggage.
- ✓ Photocopy credit cards and other important cards and documents (including your passport and any travel insurance policies) and give to someone trustworthy to store in a safe place. This will come in handy if you lose your wallet or bag.
- ✓ Vital documents including your passport, a photocopy of your passport identification page, a set of two passport photos, your unused plane tickets, your itinerary should be kept in a secure location.
- ✓ Carry money in a special pouch or money belt next to your skin.