

SUGGESTED PACKING LIST

Below is a list of items that other Pace students have found useful while studying abroad. It's provided to make your packing easier, but it's neither a required nor an exhaustive list. We strongly recommend that you limit your luggage to 1 checked bag and 1 carry-on bag. Check your airline's baggage rules to ensure that you won't incur fees due to number of bags or baggage weight limitations!

DOCUMENTS

(Make copies or screen shots of important documents; then email these copies to your parents/family and yourself for easy access if needed.)

- Passport
- COVID-19 vaccination card & proof of negative COVID test *(if required)*
- Emergency contact numbers
- Pace-provided insurance info: insurance ID card, dates of coverage, and summary of insurance coverage for your program abroad *(you'll receive this 2-3 weeks prior to departure)*
- Documentation of your semester abroad from your host institution
- Plane ticket(s)
- ATM/debit card, credit card, plus some U.S. cash & foreign cash
- Housing address abroad

CLOTHING / ACCESSORIES

(Consider: activities you'll be doing, weather, local style, and comfort)

- Comfortable walking shoes/sneakers
- Everyday shoes, boots, sandals
- Socks & underwear
- Athletic wear
- Sleepwear
- One nice outfit
- Hat, scarf, gloves
- Shirts
- Shorts & long pants
- Skirts & dresses
- Sweaters/sweatshirts
- Jacket(s), rain coat
- Accessories (watch, belt, handbag, jewelry... although avoid bringing expensive valuables)

TOILETRIES / COSMETICS

(Unless you are particular to a specific brand of toiletry, consider bringing just enough for the first few days only because you can buy many of these items abroad.)

- Comb, brush, hair products
- Deodorant
- Toothbrush, toothpaste, dental floss
- Soap, shampoo, conditioner
- Razor & shaving cream/gel
- A supply of high-quality face masks
- Prescription medicines *(bring meds in original packaging and copies of prescriptions. Pack in carry-on)*
- Cosmetics
- Moisturizer/lotion
- Sunglasses & sunscreen
- Eyeglasses, contact lenses & solution
- Tampons/pads

MISCELLANEOUS

- Cell phone & charger
- Daypack/backpack
- Notebooks for classes
- Guide book(s) & map(s)
- Camera with batteries & memory card
- Phone card
- Voltage converter & plug adaptor *(if relevant; do your research!)*
- Bath towel
- Laptop computer & charger
- Umbrella
- Luggage tags & locks
- Travel journal
- Personal organizer/day planner
- Headphones



Review your airline's baggage weight limits and list of prohibited items.



Practice carrying your luggage bags up and down stairs by yourself.



Don't overpack! Lay out your luggage beforehand, then remove half.



Don't pack liquids that are more than 3 fluid ounces in your carry-on.