Use the below list as a guideline to pick and choose what is essential for you.

**Clothing**
- 1 pair of rainproof walking shoes
- 1 pair of flip-flops
- Socks
- Underwear
- Shorts
- 1 bathing suit
- 1 hat
- 1 professional outfit (a nice pair of trousers/skirt; nice button-down top or blouse)
- 1 dressy outfit
- Skirts/trousers
- Shirts
- Sweater/sweatshirt
- Poncho/rain jacket
- 1 light jacket/Windbreaker
- Sleepwear
- Athletic wear

**Documents**
- Passport and visa
- Extra copies of the photo page of your passport and visa
- Flight itinerary (boarding pass will be issued directly to the participant by the airline at the airport)
- Photo ID
- Cash, credit/debit cards (and copies)
  *Remember to leave copies of all documents/credit cards at home!

**Medicine and Toiletries**
- Prescription Medicine (make sure you can travel internationally with your prescription, verify what documentation you need to legally transport your prescription; travel supply advised)
- Comb/brush
- Sunscreen, moisturizers, cosmetics
- Deodorant
- Aspirin/Tylenol/Ibuprofen products
- Feminine hygiene products
- Razors (in checked-luggage only)
- Extra eyeglasses and sunglasses
- Extra contact lenses and solution
- Tweezers, nail files/polish, etc. (in checked-luggage only)

**Miscellaneous**
- Watch
- Journal
- Books, guides, maps
- Duffle bag/Backpack
- Change purse
- Luggage lock/tags
- Battery operated alarm clock
- Adapter and voltage converter
- Towel/washcloth
- Ethernet cord
- Required textbooks (can be bought on-site as well)
- Laptop/charger
- Scientific calculator (only applicable to certain majors)

**Notes**