

Living abroad packing list

- Add your school or host family's address to your luggage.
- Keep one set of clothes and toiletries in your carry-on.
- Note that pharmacies carry different brands of medicine and feminine products.
- A lot of toiletries can be bought once you are there.

TOILETRIES

Contacts
Glasses
Toothbrush/toothpaste
Mouthwash
Floss
Shampoo/conditioner
Body wash
Razors
Face wash/skincare
Lotion
Sunscreen
Deodorant
Make-up
Hairbrush
Hairspray/dry shampoo
Feminine products
Nail clippers

MEDS

Prescription meds
Cold meds
Vitamins/probiotics
Pain relief
EpiPen

ACCESSORIES

Sunglasses
Hat/gloves/scarf
Jewelry
Pony tails
Bobby pins
Hair clips
Face masks
Belt

CLOTHES

Bras/sports bras
Underwear/spanx
Socks/tights
Swimsuits
Cover-up
Pajamas
Athletic tops/bottoms
Leggings
Sweatshirt
Jeans/shorts
Dresses/skirts
Tops (casual + nice)
Sweaters
Blazer

JACKETS

Jean jacket
Leather jacket
Coat
Packable down jacket
Rain jacket

SHOES

Leather boots
Rain boots
Running shoes
Cute sneakers
Sandals

BAGS

Purse
Belt bag
Tote
Backpack

TECHNOLOGY

Phone charger
Laptop
Laptop charger
Camera
Camera charger
Adaptors/converters
Charging cords for everything

MISC

Gifts for host family
Copies of passport/visa/etc.
Extra face masks

FOR WEEKEND TRIPS

Silk travel sleep liner
Travel towels
Flip flops for shower
Locks for hostel lockers
Bag for dirty clothes
Small bottles for toiletries

FOR THE PLANE

Eye mask for sleeping
Travel pillow
Water bottle
Books/magazines
Journal/planner
Pens
Portable charger
Headphones (with plug-in for plane monitors)
Snacks/gum
Hand sanitizer
Facial spray/chapstick