



# Packing Checklist

As you prepare for your overseas adventure, we thought you might like a checklist for packing.

## Most Important

### Suitcase

- ☐ Small to medium sized suitcase on wheels - maximum weight of 40 pounds
- ☐ Carry-on suitcase or backpack (no larger than 22"x14"x 9")
- ☐ Small backpack for day trips

### Identification & Money

- ☐ Passport - **this is a necessity!**
- ☐ Spending money (new \$100 bills) or preloaded travel card with electronic chip
- ☐ ATM debit card with Visa/Mastercard (to withdraw cash in the local currency)
- ☐ Money pouch

## Highly Recommended

### Personal Care

- ☐ Comb / brush
- ☐ Toothbrush
- ☐ Contact lens case
- ☐ Extra pair of contact lenses
- ☐ Glasses
- ☐ Prescription medications
- ☐ Tylenol / Advil / allergy medicine
- ☐ Travel-sized toothpaste
- ☐ Travel-sized deodorant
- ☐ Travel-sized shampoo / conditioner
- ☐ Travel-sized contact lens solution
- ☐ Travel-sized hand sanitizer

### Clothing

- ☐ 1 Pair comfortable tennis shoes
- ☐ 1 Pair comfortable walking sandals
- ☐ 1-2 Pairs of jeans / pants
- ☐ 3-5 Pairs of shorts
- ☐ 4-8 Shirts (buying any t-shirts there?)
- ☐ 1 "dress-up" outfit
- ☐ Pajamas
- ☐ Socks & underwear
- ☐ Lightweight jacket or sweatshirt
- ☐ Raincoat or compact umbrella

## Optional

### Other Items

- ☐ Travel pillow
- ☐ Reusable water bottle
- ☐ iPod
- ☐ iPod charger
- ☐ International plug adapter
- ☐ Earbuds
- ☐ Sunglasses
- ☐ Camera
- ☐ Playing cards
- ☐ Book / e-reader
- ☐ Swimsuit
- ☐ Travel-sized sunscreen
- ☐ Motion sickness medication
- ☐ Small baggie of laundry soap
- ☐ Travel laundry line

### Cell Phones Overseas

While traveling internationally, your cell phone will not work unless you have an international SIM card and local provider information enabled. Most carriers charge additional fees for connecting overseas and services may not always be reliable.

If you have an iPhone and you are in a location where you have wi-fi access, your iPhone will be able to send and receive iMessages with other Apple devices. However, you will not be able to send/receive messages with other types of devices.