

THE ULTIMATE STUDY ABROAD PACKING LIST

From [The Study Abroad Blog](#)

Warm & Cold Weather Clothing

- Underwear (two weeks' worth)
- Socks (two weeks' worth plus a pair or two of wool socks)
- Undershirts
- Thermal Underwear
- Long Sleeve Shirts
- Short Sleeve Shirts
- Sweatshirt/ hoodie (2-3)
- Sweaters
- Jeans/ Khakis (2-3 pair)
- Shorts
- A Belt or Two
- Skirts (for the girls)
- Gym/Workout Clothing
- Pajamas/Sleepwear
- Swimsuit (for those going to warmer climates)
- Coat/Jacket (I recommend at least 2 – one for cold weather, and one that is water resistant)
- At least one nice outfit for formal occasions
- Flip flops/ sandals of some sort (good if you're going to a warm climate, but also good for hostel showers)
- Cold Weather Gear (i.e. gloves/ mittens, hat, scarf)
- Sneakers/ Dress Shoes/ Boots/ Rain Boots

Extras

- \$300 in local currency
- Purse/ Wallet
- Important documents (passport, visa, itinerary, plane tickets, ISIC card, etc.) in passport/document holder
- Sunglasses/extra eye glasses/contacts
- Cell Phone (you may not be able to use it in your host country, but it's invaluable if you're stuck in domestic airports and need to contact someone for delayed flights, etc.)
- Laptop and Charger (don't forget, you'll need an outlet adapter for the plug on your charger to work)
- Camera w/Cords and Charger
- Sheets/ Bed Linens **
- Bath towels**
- Enough prescription drugs for the length of your stay (You need to make sure you are allowed to bring them into the country and that you have documentation, either the prescription or a doctor's note)
- MP3 Player/ iPod (for long plane/train rides)
- Sleep sack/sleeping bag (most hostels have sheets, however, some do not, some will charge you for them, and for those people that don't like sleeping in unfamiliar sheets, I recommend a Cocoon Travel Sheet.)
- Journal/ diary (you'll be taking plenty of pictures on your travels, but it's always nice to have something to write in. Of course I recommend writing a blog!)
- Backpack (for daily use and as your carry while traveling)
- Plastic bottles for toiletries for use in your carry-on or while traveling (the maximum is usually 100ml)
- Travel Water Bottle
- A Few Hangers

Toiletries

- TSA Compliant Toiletry Kit/ 1-quart zip-top Ziploc bags
- Shampoo/Conditioner
- Toothbrush/toothpaste
- Soap
- Deodorant
- Feminine Products (one month's worth – should go without saying you don't want to be stuck without those)
- Brush/Comb
- Razors/ other shaving supplies
- Contact Lenses & Solution
- Nail Clippers
- Makeup
- Over-the-counter Medicines
- Contraceptives
- Tissues/ Toilet Paper (you don't want to be stuck in a bathroom when its run out)

**These items add unnecessary weight to your luggage and should only be included if your abroad school doesn't supply them for you, or they will be hard to find/purchase (e.g. in remote areas).