Suggested Packing List

List of Carry-on Items

• Passport
• Airline ticket or e-ticket documentation
• All other forms of identification (ISIC card, etc)
• Debit card, credit card, cash:
  o Contact your bank and let them know you are traveling
  o Take new, crisp, clean bills if you plan on exchanging dollars
  o Use of debit and/or credit cards is strongly encouraged
• Medication in original containers, other health supplies
• Emergency contact info for ISU and your program itinerary
• Photocopies of your ticket, passport/visa, credit card (kept away from originals)
• Anything else that may be easily damaged by baggage handling or pressure/temperature differences (cameras, laptop, etc)
• Extra change of clothes in case you need to layover somewhere, or baggage is delayed

Checked Luggage - (Pack light!! You will be responsible for carrying your own luggage!)

• Comfortable shoes for walking
• Comfortable clothing
• Light jacket
• Swimwear (?)
• One nice outfit
• Sun screen, sunglasses, bug spray
• Toiletries: soap, shampoo, toothbrush/paste, deodorant, etc (travel/trial size)
• Extra contact lenses or glasses
• Kleenex packets
• Small flashlight (a mini Maglite works great)
• Travel alarm clock
• Backpack or shoulder bag for day trips
• Journal, notebook, pens
• Camera (with new/extra batteries), film(extra memory card
• A few small gifts or souvenirs from home to give to people you meet
• Small towel
• Cards, magazines, book
• A few photos of your family, home, campus, etc, to share with people you meet
• Small First Aid Kit: Neosporin, band-aids, Imodium AD, pain relief tablets (Tylenol/Advil, etc), cold/sinus medicine, vitamins, etc.
• Raincoat and/or umbrella
• Hand sanitizer
• If possible, all liquids and gels should go in checked luggage (carry-on limits are small)