

# Packing Checklist for a Short-term trip

## Essentials

### Travel Documents

- Emergency contact info
- Passport (w/ an expiration date no less than six months after your return date)
- Visa (if applicable)
- Photo I.D. (CSUF or CA)
- License (if applicable)
- Place of stay address & contact info
- Insurance card printout
- Prescription documents
- Airline tickets
- Travel itinerary
- Copies of all listed above

### Funds

- Debit/credit cards (notify bank about travel plans and destinations)
- Wallet
- Foreign currency (equivalent to \$200 USD)
- Bank contact info

### Technology

- USB cable
- Cellphone + charger
- Portable charger
- Headphones
- Lanyard with key slip (electronic room key)
- Laptop + charger + case (if program requires it)
- Voltage adapter + Converter

## Travel

### Gear

- Smaller roller Suitcase (carry-on)
- Backpack (personal item)
- Luggage tags
- Reusable water bottle
- Money belt
- Small handbag/ collapsible tote
- Pocket umbrella
- Earplugs
- Travel pillow for airplane (optional)
- Language dictionary

### Mini First Aid Kit

- Bandages
- Alcohol-free cleansing wipes
- Gauze pads
- Eye Drops
- Antibiotic ointment
- Chapstick
- Hand wipes
- Hand sanitizer

### Vision

- Glasses /contacts (w/ contact solution)
- Eyeglass case
- Contacts
- Contact solution

### Miscellaneous

- Chewing gum
- Journal/ pens/ pencils

### What NOT to Bring

- × A LOT of CASH
- × Highly valuable or irreplaceable items such as jewelry, heirlooms, etc.

## Personal Care

### Hygiene

- Toothbrush
- Toothpaste
- Floss
- Shampoo
- Conditioner
- Body wash
- Loofah/ washcloth
- Face wash
- Razor
- Shaving cream
- Nail clippers
- Tweezers
- Perfume/cologne
- Sunblock
- Deodorant
- Lotion
- Feminine hygiene

\*Walmart and Target offer travel-size products

### Hair Products/

### Make up

- Makeup & makeup remover
- Hair ties/ clips
- Hair products
- Brush/comb

### Medicine

- Aspirin, Tylenol, Ibuprofen
- Sea sickness/ motion sickness pills
- Insect repellent (depending on location)
- Anti-Itch medications (Benadryl)
- Prescription medication if needed (keep medication in original packaging along with doctor's note)

## Clothing

### Essentials

- Underwear/bras
- Socks
- Pajamas

### Casual

- T-Shirts
- Jeans
- Shorts
- Athletic wear
- Swimsuits (if applicable)

### Formal (if required)

- Blouses/ button-up shirts
- Skirts/ slacks/ dresses

### Outerwear

- Sweater
- Light jacket
- Jacket

### Footwear

- Athletic shoes
- Sandals
- Dress shoes
- Boots
- Flats/ loafers

### Accessories

- Belt
- Sunglasses
- Hats/ scarves/ gloves

*Note: TSA permits travelers to carry liquids in a 3.4 ounce container. Any containers that are larger than 3.4 ounces must be packed inside checked baggage. For more information, please visit: <https://www.tsa.gov/travel/security-screening/liquids-rule>*

