

Packing Checklist for a Semester Abroad or Longer

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
- Acceptance letter by local university or program (if applicable)
- 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
- Camera+ charger + extra memory card
- Lanyard with key slip (electronic room key)
- Voltage adapter + converter
- Laptop + charger + case
- Flash drive

Travel

Gear

- Large roller suitcase (checked bag)
- Smaller roller suitcase (carry-on)
- Backpack (personal item)
- Luggage tags
- Travel lock
- Reusable water bottle
- Money belt
- Small handbag/ collapsible tote
- Pocket umbrella
- Earplugs
- Travel pillow for airplane (optional)
- Language dictionary
- Hospitality gift (if staying with host family)

Mini First Aid Kit

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

Miscellaneous

- Chewing gum
- Journal/ pens/ pencils
- Pictures for your room

Vision

- Glasses
- Eyeglass Case
- Contacts
- Contact Solution

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>

Personal Care

Hygiene

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

*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)
- Pepto-Bismol
- Cough medicine
- Midol
- Aloe vera gel
- Prescription medication if needed (keep medication in original packaging along with doctor's note)

Clothing

Basics

- Underwear/bras
- Socks
- Pajamas

Casual

- T-Shirts
- Jeans
- Shorts
- Athletic wear
- Swimsuits

Formal

- Blouses
- Skirts
- Dresses
- Slacks
- Button-up shirt

Outerwear

- Sweater
- Light jacket
- Jacket

Footwear

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

Accessories

- Belt
- Sunglasses
- Hats/ scarves/ gloves

What NOT to Bring

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

Things to Buy There

- Laundry supplies
- Cleaning materials
- Groceries
- Shower needs/ toiletries
- Cookware
- SIM Card

