





It's time to pack your bags!!!

The time has come for you to prepare for your trip to the United States of America. By now, you've been approved to participate in the USA International Student Program, and it's time to realize that you will be living abroad for an entire school year. You must begin thinking along those terms.



USA Program has created this Packing List to guide you and to remind you of important items to bring along with you for your journey. As a cultural and educational program participant, you will grow, mature, and gain in your level of responsibility. Use this booklet as a guide to begin your decision making about your experience abroad. With the help of your natural family, now is a great time to begin this important learning process.

Consider the following questions, answers, topics, tips, and lists of items to lead you through the packing process.

Let's start making some good decisions, beginning with your luggage!

What should I consider when shopping for the proper luggage?

If you're looking to buy new luggage, you should consider luggage with these features:

- Retractable rollers - Rollers will make it easier to make it through the airport. You'll also want retractable rollers, so the rollers won't be pulled off.
- Medium-sized instead of large - This is SO important. Remember, you have to carry/pull your luggage.
- Removable straps. Straps make luggage easier to carry, but they can get caught on conveyor belts.
- A lock - You must check with the airline security to see if they allow locks.
- Carry-on luggage in a size that will be allowed under the recent more restrictive



carry-on size limits. For example, a backpack, expandable carry-on, or a light duffle bag.

What are my Airline's luggage restrictions and limits?

2 suitcases (32 kg each) and 1 carry-on. But check out the airline's web site for information and limits, or contact the local airline office for more information.

How should I organize my luggage?

- ☒ Pack your liquid items (shampoo, perfume, etc.) in less than full plastic bottles, they might freeze and expand. Place the bottles in freezer bags with a seal to further protect your items.
- ☒ Pack your shoes in shoe bags or old socks to keep their dirty soles from touching your clean clothes.
- ☒ Lay out all items, and pack according to size. Pack large items first, leaving spaces for the smaller items to fill corners, etc.
- ☒ Pack carefully to avoid wrinkles.
- ☒ When you are ready to close your luggage, zip it up on the sides then lift it upright to make it close more easily around the corners and across the top.
- ☒ If you have a luggage belt, you can use it to help secure the closure of your bag and to make it easier to spot.
- ☒ Use your USA Luggage Tags which were given to you in order to identify your bags in case of loss and to make them more easily recognizable.



How can I pack light and still have everything I need?

Traveling with the smallest possible amount of luggage is the best way to go, but how can you cut down on your amount of luggage?

- 🌐 Coordinate your outfits around a central color so you'll be able to mix and match.
- 🌐 Check the weather of the region/city in which you will stay so you can bring

the most appropriate items. Remember to account for seasonal and daily temperature fluctuations and also keep in mind that increases in altitude will decrease temperature.

- 🌐 Plan your outfits so you can layer instead of bringing lots of coats.
- 🌐 Take a solid color sweater that will match any outfit to use to keep you warm.
- 🌐 Review the list of all the items you are planning to take, and check to see if you really need each item.
- 🌐 Take small sizes of toiletries that will last just long enough for you to buy new ones in the U.S.
- 🌐 Don't waste an inch of your luggage space, pack underwear and socks inside your shoes. This will also help your shoes keep their shape. Pack your belts around the edge of the luggage.
- 🌐 Remember, you will have plenty of opportunities to buy any items that you may need while in the U.S.



Things to do before you leave your Home Country

You are leaving your home country to travel to another land and to meet, immerse with, and live with new people. Impressions are important and lasting. Therefore, good hygiene and preparation are essential. Below you'll find some pointers on things that you should do before you leave your home country to help facilitate your start in the U.S.

1. Shave.
2. Cut your hair.
3. Remove any body piercing. **(This is very important).**
4. Get a manicure.
5. Visit the Dentist and complete any treatments prior to your departure.
6. Visit the Eye Doctor.
7. Get ALL of your shots (vaccinations) up to date.
8. Confirm your airline tickets and seats.

9. Memorize PIN codes to credit cards so that you can use them at ATM machines to get cash.
10. Exchange your currency to U.S. Dollars. You can often get a much better deal if you exchange money in your home country, especially if you shop around a bit to see who gives you the best rates. Also make sure you check out any fixed charges, since they can sometimes be very high.
11. Familiarize yourself with the region/state/city/community where you are going to live in the U.S.
12. Throw a going away party and invite your friends and loved ones.



Things to Carry with you on the Plane

Backpack/Shoulder Bag/Lightweight Duffel Bag



- ✓ Place all travel documents in the outside pocket so they are easily and quickly accessible.
- ✓ *Don't* pack your manicure tools because they aren't allowed on planes and they'll be taken away from you.
- ✓ A passport (your only valid identification). Your passport must have at least 6 months validity remaining.
- ✓ Visa (envelop given by embassy official) **Please do not open it.**
- ✓ Wallet (ID card, money, credit card, etc...)
- ✓ Travelers checks, ATM card
- ✓ Airline tickets
- ✓ Addresses and phone numbers of where you'll be staying (U.S.)
- ✓ Local currency for use while in the US (will be good to start with US\$200.00)
- ✓ Bring one-dollar bills for tipping.
- ✓ Phone card for making long distance phone calls.
- ✓ Emergency money in case all your money or all your gear is lost or stolen.
- ✓ Notepad for writing letters.
- ✓ A packing list can be very handy if you have things stolen. It can be hard to

Shoes

- +2 Walking shoes
- +2 Training shoes
- Sandals (Flip-flops)
- Dressy shoes

Clothes for Cold weather Items for sleeping

- Heavy Coat
- Pajamas
- Wind breaker (light jacket)
- Alarm clock
- + 3 Sweaters
- (NO) Sheets/ Bed covers
- Gloves
- (NO) Pillowcase
- Knitted (woolen) cap
- (NO) Pillow
- (NO) Blankets

Toiletries

A handy bag where you put all your hygiene items.

- Toothbrush
- Deodorant
- Razor
- Toothpaste
- Nail clippers
- Shampoo
- Dental floss
- Bar soap
- Lip balm
- Shaving cream
- Moisturizer
- Q tips
- Comb or hairbrush
- Contact lens equipment
- Styling gel (Hair gel)
- Spare glasses
- Sun block lotion
- Straps for glasses



(NO) Curling Iron

(NO) Iron

(NO) Towel

(NO) Washcloth

(NO) Blow dryer

Hygiene (girls only)

() Make-up

() Pads/Tampons

() Tweezers

General Health Items

() Prescription medicine

() Vitamins

() Band-Aids

() Nausea tablets

() Copy of prescriptions

() Fever tablets

() Pain relievers

() Diarrhea medicine

() Allergy pills (Anti-histamines)



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