



## CARRY-ON

Pack all your necessities here so you can use them while you're on your flight!

- |  |   |
|--|---|
| <input type="checkbox"/> Passport and visa (plus printed color copies, just in case) | <input type="checkbox"/> Headphones   |
| <input type="checkbox"/> Driver's license/photo ID                                   | <input type="checkbox"/> Emergency outfit (in case your luggage gets lost or there is a major delay)      |
| <input type="checkbox"/> Plane tickets   | <input type="checkbox"/> Travel-size toiletries (shampoo, conditioner, soap, toothpaste) and a toothbrush |
| <input type="checkbox"/> Printed copy of insurance card                              | <input type="checkbox"/> Tissue pack  |
| <input type="checkbox"/> Credit/debit cards  | <input type="checkbox"/> Hand sanitizer   |
| <input type="checkbox"/> Cash in local currency                                      | <input type="checkbox"/> Masks (certain countries may still have COVID-19 regulations/guidelines)         |
| <input type="checkbox"/> Cell phone and charger                                      | <input type="checkbox"/> Antibacterial wipes  |
| <input type="checkbox"/> Tablet/E-book and chargers                                  | <input type="checkbox"/> Empty, reusable water bottle   |
| <input type="checkbox"/> Laptop and charger  | <input type="checkbox"/> Snacks (especially if you have a layover)  |
| <input type="checkbox"/> Camera (if you are taking one) and charger                  |   |
| <input type="checkbox"/> Portable power bank   |   |

## CLOTHING

This will vary depending on your host country and your duration of stay.

- |   |  |
|---|--|
| <input type="checkbox"/> Underwear                    | <input type="checkbox"/> One or two nicer outfits (for events or formal dress internship placements) |
| <input type="checkbox"/> Socks                        | <input type="checkbox"/> Coat/jacket (check the weather in your host country)                        |
| <input type="checkbox"/> Tops                         | <input type="checkbox"/> Raincoat or waterproof jacket   |
| <input type="checkbox"/> Pants, shorts, and/or skirts | <input type="checkbox"/> Comfortable walking shoes   |
| <input type="checkbox"/> Sweater or sweatshirt        | <input type="checkbox"/> Dress shoes   |
| <input type="checkbox"/> Workout clothes              | <input type="checkbox"/> Flip flops/shower shoes   |
| <input type="checkbox"/> Pajamas                      | <input type="checkbox"/> Accessories/belts   |
| <input type="checkbox"/> Swimsuit                     |  |

# TOILETRIES

This can be useful information for all genders, so check off or add what's most important to you!

- |   |  |
|---|--|
| <input type="checkbox"/> Deodorant  | <input type="checkbox"/> Preferred over-the-counter medicine |
| <input type="checkbox"/> Hair brush/comb                                  | <input type="checkbox"/> Menstrual hygiene items             |
| <input type="checkbox"/> Glasses/contact lenses for duration of program   | <input type="checkbox"/> Shaving supplies                    |
| <input type="checkbox"/> Prescription medications for duration of program | <input type="checkbox"/> Preferred skincare/makeup           |

# MISCELLANEOUS

Don't forget some of these items that you may need during your travels!

- |   |   |
|---|---|
| <input type="checkbox"/> Travel/overnight bag and/or travel purse | <input type="checkbox"/> Travel pillow  |
| <input type="checkbox"/> Umbrella                                 | <input type="checkbox"/> Travel journal |
| <input type="checkbox"/> Sunglasses                               | <input type="checkbox"/> Lip balm       |
| <input type="checkbox"/> Padlock to lock luggage if necessary     | <input type="checkbox"/> A book         |
| <input type="checkbox"/> Small, quick-dry towel                   | <input type="checkbox"/> Lint roller    |
| <input type="checkbox"/> Ear plugs                                |   |

# YOUR ADD ONS

Add on more items in the space below to help you get prepared.

- |                          |                          |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

If you need additional help figuring out what to pack before your time abroad, please reach out to a [Global Learning Ambassador \(GLA\)](#) or [UGE Adviser](#) for more information!