

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 (best to take new, crisp, clean bills if you plan on exchanging dollars)
- Medication in original containers, other health supplies
- Copies of prescriptions
- 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

Packing List - (Pack light!! You will be responsible for carrying your own luggage!)

- Comfortable shoes for walking
- Comfortable clothing
- Light jacket
- Swimwear
- One nice outfit (check with group leaders on this: formal dinner, theater?)
- 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, paperback book
- A few photos of your family, home, campus, etc, to share with people you meet
- Small First Aid Kit: Neosporin, band-aids, Immodium AD, pain relief tablets (Tylenol/Advil, etc)
- Raincoat and/or umbrella
- **All liquids and gels should go in checked luggage**