

WORDS OF ADVICE

1. Leave some room in your suitcase for any items you purchase during the year.
2. Leave cumbersome items like musical instruments and sports equipment at home. Ask your host family if they (or your school abroad) have them for you to use.
3. Make sure that your check-in luggage and carry-on bag are marked with your name and host family's address on both the inside and outside. Use waterproof markers if possible.
4. Before attempting to pack, make a list of all the items you plan to take and *stick to it*. This will help prevent packing last minute "impulse" items as well as ensuring that you have all necessary items. This also serves as an itemized list of the contents of your suitcases in the unfortunate case of lost or stolen luggage.
5. You may wish to use tamper evident or zip ties rather than combination, key or pad locks to secure your luggage. In the case that security screeners need to open your bags, this will prevent them from having to break locks.

This brochure was compiled of tips from travel agents, Rotarians and former exchange students.

PACKING TIPS



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As you prepare for your year abroad, here are some suggestions on what you should pack and what you should leave at home!

LUGGAGE REQUIREMENTS

1. MOST airlines allow international passengers to check in ONE bag that weighs no more than 50 pounds free of charge. (Smaller aircrafts may have more restrictive baggage allowances.) Check with your airline(s) for the most accurate information. You are subject to hundreds of dollars in fines if you do not follow specific airline weight regulations.
2. Each passenger is allowed one carry-on bag that cannot exceed 40 pounds. One “personal” item is also allowed, such as a purse or briefcase.
3. Luggage should be sturdy and have wheels and a retractable handle.

4. DO NOT PACK MORE THAN WHAT YOU CAN CARRY YOURSELF!

WHAT TO PACK

1. Clothes that match the weather and climate of your host country. Unless you are traveling to the Southern Hemisphere you will not have much “summer” weather so do not pack a lot of shorts and t-shirts.
2. Your loosest fitting jeans and pants. Students typically gain a few pounds while experiencing their new cultures’ foods and you always want to be comfortable.
3. Coordinating clothes that you can mix-and-match.
4. Extra solution if you wear contact lenses. Your brand may not exist overseas.
5. Aspirin, cough syrup or other over-the-counter medicines. Some medications in other countries may be stronger than what you are used to.
6. Travel sized shampoos, soaps, toothpastes, etc. You may need them for trips or overnights.
7. A backpack or duffel bag laid out flat in your suitcase. This will come in handy for school or overnight trips.

WHAT NOT TO PACK

1. Your passport, tickets and money. You should keep these items in a money or security belt.
2. Your host family and host club counselor’s phone numbers. In case of emergency you should have easy access to this information.
3. Your winter coat. Carry it over your arm as it takes up too much room in your suitcase.
4. Electrical appliances. Ask your hosts if they have a hairdryer, etc that you can use.
5. Prescription medications. Place these items (in their original containers) in your carry-on bag along with a note you’re your Doctor.
6. **TOO MUCH!** Closet and trunk spaces may be smaller than what you are used to, so pack lightly.
7. Expensive items like your laptop, jewelry or camera. If you are taking these items on exchange with you, put them in your carry-on bag.