

## Packing list

### Tips:

- Have your passport with you at all times
- Make copies of your passport
- You should not have more than 1 large bag and 1 carry on.
- Always make sure to have at least one free hand when traveling with your entire luggage.
- If you can't carry all your luggage on your own then you over packed

### Security pouch/money belt

- ☐ Passport
- ☐ Visa
- ☐ UCEAP program docs
- ☐ Cash
- ☐ Credit & ATM cards
- ☐ Drivers license
- ☐ Phone

### Main Bag

- ☐ Copy of passport and ID
- ☐ UCM apparel
- ☐ Set of semi-formal attire
- ☐ Shirts
- ☐ Sweater
- ☐ Jacket
- ☐ Jeans (3 max)
- ☐ Underwear (7 days worth)
- ☐ Socks (7 days worth)
- ☐ Walking shoes
- ☐ Exercise clothing
- ☐ Night clothes
- ☐ Bathing Suit
- ☐ Toiletries (3oz limit on liquids)
  - Towel
  - Toothbrush & paste
  - Deodorant
  - Soap
  - Razor/shaver
  - Shampoo & conditioner
  - Prescriptions
  - Glasses/contact lenses
  - Sunscreen & lotion

### Backpack/carry on

- ☐ Map from airport to final destination
- ☐ Country guide & phrase book
- ☐ Electrical adapter
- ☐ Laptop (charger)
- ☐ Camera (charger & batteries)
- ☐ Phone (charger)

### Optional Items

- ☐ Ear plugs
- ☐ Journal
- ☐ Flashlight
- ☐ Luggage lock
- ☐ Gloves
- ☐ Umbrella
- ☐ Hat
- ☐ Sunglasses
- ☐ Wrist watch
- ☐ Sandals

### Do not Pack

- ☐ Bedding
- ☐ Desktop computer
- ☐ Printer
- ☐ Curling iron
- ☐ Hair drier
- ☐ Jewelry
- ☐ Kitchenware
- ☐ Large amounts of cosmetics
- ☐ Too many pairs of shoes (you'll survive)