



**Toiletries & Medication**

- toothbrush + toothpaste  \_\_\_\_\_
- deodorant  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_

**Electronics**

- phone  \_\_\_\_\_
- charge cables  \_\_\_\_\_
- laptop  \_\_\_\_\_

**Important Documents**

- license/photo ID  contact info
- insurance cards  \_\_\_\_\_
- itinerary  \_\_\_\_\_

**Weather Items**

- coat  \_\_\_\_\_
- scarf, hat, gloves  \_\_\_\_\_
- boots  \_\_\_\_\_
- rain coat  \_\_\_\_\_
- umbrella  \_\_\_\_\_
- sunscreen  \_\_\_\_\_

**Special Items**

- required course materials  \_\_\_\_\_
- itinerary/syllabus  \_\_\_\_\_
- notebook  \_\_\_\_\_
- pens/pencils  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_

**Notes** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Day One**

ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

ATTIRE \_\_\_\_\_

\_\_\_\_\_

**\*HINT:**  
Check the itinerary and syllabus from your instructor to be sure you're packing appropriate attire for group activities.

**Day Two**

ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

ATTIRE \_\_\_\_\_

\_\_\_\_\_

**\*HINT:**  
Roll up your socks and put them in your shoes to save space. Roll your clothes to keep them from wrinkling.

**Day Three**

ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

ATTIRE \_\_\_\_\_

\_\_\_\_\_

**\*HINT:**  
Research your destination for at least 30 minutes! Climate, culture, and landmarks are good to know prior to traveling.

**Day Four**

ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

ATTIRE \_\_\_\_\_

\_\_\_\_\_

**\*HINT:**  
Download must-have apps before leaving home. Public transit apps, airport alerts, and Google Maps are a few must haves.

**Day Five**

ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

ATTIRE \_\_\_\_\_

\_\_\_\_\_

**\*HINT:**  
Bring a lightweight scarf and sweater even if warm weather is forecast.