

# Recommended Packing List



## Documents

- Passport (should be valid for at least six months after scheduled return date, remember to leave a copy of your passport at home)
- Insurance Card
- Emergency Phone Numbers

## Clothing

- 1 nice outfit (nice pair of pants, skirt or dress)
- 2-3 pairs of jeans/ pants
- 6-8 shirts
- 8-10 pairs of socks
- 10+ pairs of underwear
- Light jacket, sweater or sweatshirt
- Pajamas

## Baggage

- 1 small suitcase or hiking backpack
- 1 carry-on bag for personal items and day trips

## Shoes

- Comfortable shoes for walking/day trips
- Nice shoes for special events

## Toiletries

**Note: All liquids should be less than 3oz for carry-on baggage and in most cases you will be able to purchase similar products abroad**

- Shampoo/conditioner
- Body wash/lotion
- Toothbrush/toothpaste
- Deodorant
- Hairbrush, hair ties/accessories
- Feminine hygiene products

## Miscellaneous

- Umbrella or raincoat
- Electronics converter (France/Spain use a two-prong plug type E or F)
- Glasses/contacts/medicines you take regularly

## Optional Items

- Camera
- Book/blank journal & pens
- Headphones
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## Things NOT to bring

- Hair dryer/straightener: The voltage in Europe is different and even using a converter may blow out your appliance or even a fuse!

## Things to Consider

- Most airlines allow 1 checked luggage not exceeding 50 pounds. Leave room for souvenirs.
- Airlines allow one carry on and one personal item that can be stowed under the seat
- Students in Europe typically dress a bit more formally than teenagers in the United States. Consider what you would wear to school (no tank tops, no midriff baring shirts), avoid jeans with holes, flip flops, sweatpants or other casual clothing.

