

INTERNATIONAL SERVICES SAINT LOUIS UNIVERSITY

PACKING GUIDELINES:

Familiarize yourself with the current TSA luggage guidelines for air travel at www.tsa.gov and determine the guidelines for your specific airline.

CARRY-ON:

- Passport and any necessary visas
- Copies of important documents, including: travel itinerary, emergency contact information, international health insurance card
- Contact information and address of host program and host family (if applicable)
- U.S. and foreign currency
- Credit and debit cards
- Cell phone and charger
- Prescription medication in original container with a back-up supply and a letter from doctor
- Instructions for treating any allergies or unique medical conditions
- Camera
- Laptop, iPad, and other small electronic devices
- Extra batteries
- Change of clothing
- In-flight entertainment: books, magazines, etc.

CHECKED LUGGAGE:

- Extra copies of important documents and emergency contact information (place a copy in each suitcase)
- Seasonally and culturally appropriate clothing, shoes, and accessories
- Swimsuit (if appropriate for destination or any subsequent travel destinations)
- Toiletries
- Eye glasses, contact lenses, sunglasses
- Hairdryer, razor, nail clippers
- Travel iron
- Health kit (aspirin, antacid, band-aids, anti-diarrhea medication, etc.)
- Umbrella, rain jacket
- Travel alarm clock
- Converter (if necessary)
- Plug adapter (if necessary)
- Backpack or book bag
- Maps, guidebooks

