

# Packing Tips

## General Packing Advice

Set out ahead of time everything you want to take with you. Then **edit—and be aggressive—with your stuff**. Try to cut down your items by at least half. Ask yourself: do you really need more than one outfit per day? Can you wear pants more than once a day? Can you hand wash items in a sink with soap?

- **Do not pack anything that you are unwilling to lose.** If you have any sentimental objects, expensive jewelry, big-ticket electronics, unexposed film, or fragile items, reconsider whether you need to take them at all. If you take any of these items, certainly never pack them in your checked bag, as they may be lost, damaged, or destroyed.
- **Consider sharing the load with a fellow student or traveler.** Maybe you can share the same shampoo bottle with other people, and therefore not take one yourself.
- **To minimize wrinkles, roll rather than fold your clothes as much as possible.** Rolling shirts, for example, tends to reduce their volume and keep them mostly wrinkle-free. You may want to use luggage cubes, too, to maximize space and organize items.

## Luggage

Packing starts with luggage. You may fill whatever luggage you carry with you, so consider thoughtfully how to minimize your luggage in order to restrict what you take. Besides what you carry on yourself, consider three basic pieces of luggage:

- one personal item
- one carry-on
- one checked bag

## Self

You have pockets, so use them! With some qualifications, you may want to carry the following items with you on your body or in your wallet, purse, or passport strap.

**Protip:** To get through airport security quickly, remove all objects from your person—especially metallic ones, like keys, coins, belts, and hairpins—and put them in your personal item or carry-on bag well in advance to security screening. Consider slip-on shoes, too, as the TSA will ask you to remove them for security.

- ☐ Wallet/passport strap/money belt (you also can store your passport in a room safe while abroad, if available)
- ☐ Passport
- ☐ Driver's license or other photo ID card
- ☐ Kansas State student ID card (some attractions or shops may have student discounts)
- ☐ Cash (U.S. dollars, at least \$20)
- ☐ Cash (foreign currency, available once you arrive in country or purchase ahead)

- ☐ Credit card (consider taking two different ones, like Visa and MasterCard; contact your banks before departure and provide our travel dates to lift fraud protections)
- ☐ Debit card (if available; again, call your bank to lift fraud protections for dates abroad)
- ☐ Phone (if you want, look into a global plan or SIM card for use while abroad)
- ☐ Maps

## Personal Item

Most personal items take the form of purses, laptop bags, small backpacks or daybags, messenger bags, or crossbody bags. You'll need something compact enough to fit under the seat in front of you on the airplane but possibly capacious enough for whatever items you carry with you while touring throughout the day (if you choose to carry a bag daily).

**Protip:** The TSA strictly regulates transportation of dangerous materials but also some items that you may not think of as problematic, like lithium batteries. If you have a camera with you, you likely have a lithium-based battery with it. You can take the battery, of course. Just be sure to remove it from your bag and put it in the provided trays to pass through security more quickly.

### *Essentials*

- ☐ Copy of your passport
- ☐ Copy of your health insurance card
- ☐ Electronics cords (for phone, camera, watch, headphones, or other items)
- ☐ Camera and accessories (lenses, tripods, SD cards, spare batteries, cords, bag, etc.)

### *Course Materials*

- ☐ Laptop/iPad/mobile device
- ☐ Pen and/or pencil
- ☐ Notebook/journal/diary
- ☐ Course syllabi/program details

## Carry-On Baggage

Most carry-on bags should be small, both in size and weight. To ensure that these bags fit well in overhead compartments, many international airlines restrict them to a maximum size of 9"x14"x22" (inclusive of any handles and wheels that permanently stick out) and a maximum weight between 15 and 22 pounds. Double check these size restrictions with your specific airline before packing. Backpacks, duffels, and other squishy bags make for great carry-ons; hardcase or structured bags don't fit in overheads as easily.

### *Clothing*

Pack at least one spare outfit in your carry-on bag in the event the flight is delayed, your checked bag is lost, or you need to change clothes in a hurry. Don't forget, too, that you'll be wearing clothes on the plane that you can wear again, like your walking shoes. Temperatures on board also can shift rapidly from steamy to chilly, so dress in layers for the flight.

- ☐ Shirt
- ☐ Pants
- ☐ Underwear
- ☐ Light jacket/rain jacket/sweater

### *Accessories*

- ☐ Watch
- ☐ Sunglasses
- ☐ Travel umbrella
- ☐ Water bottle or bladder
- ☐ Rechargeable batteries and charger
- ☐ Universal power adapter (maybe two, depending on how many electronics you take)
- ☐ Electronics cords/USB cables
- ☐ Headphones
- ☐ Eye mask
- ☐ Travel pillow
- ☐ Makeup
- ☐ Books/travel games/coloring books/Sudoku
- ☐ Snacks (trail mix is perfect!)

### *Toiletries*

Be sure to store all carry-on liquids in a clear plastic bag, no larger than a quart-sized sealable pouch. You may only carry on liquids stored in containers no larger than 3 liquid ounces, so repackage shampoos, lotions, or other liquids in small resealable containers.

- ☐ Toiletry bag/shower bag
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Floss
- ☐ Hair ties/bobby pins
- ☐ Comb/brush
- ☐ Lotion
- ☐ Disposable face and hand towels
- ☐ Deodorant
- ☐ Glasses/contacts/eye drops and cases
- ☐ Bandages
- ☐ Pain reliever
- ☐ Loperamide (or other anti-diarrheal)
- ☐ Dimenhydrinate (if you suffer from motion or air sickness)
- ☐ Any common over-the-counter pills you may usually take (in original bottles)
- ☐ Prescription medications (in original bottles with original labels)
- ☐ Hygiene products
- ☐ Contraception/birth control
- ☐ Hand sanitizer
- ☐ Tissues (travel size; consider carrying with you in the event toilet paper isn't available)

## Checked Baggage

If you decide to take a checked bag, look into structured, rugged luggage. Choose a bag that is distinct so that you can spot it right away on a luggage carousel. Everyone has black or gray, so go with a brightly colored or multicolored suitcase. You also may want to wrap a conspicuous luggage strap around it, or neon buckle or ribbon, to make it stand out more.

### *Essentials*

- ☐ Luggage tag (complete with your permanent U.S. address on it)
- ☐ TSA-approved safety lock
- ☐ Extra folded bag (in case you bring home more items than you anticipated)

### *Toiletries*

You don't need to pack checked liquids in quart-sized bags; that rule only applies to carry-on items. That said, you may want to bag any containers with liquid contents in the event they burst or leak during travel (and therefore save your other items from getting wet or stained).

- ☐ Nail clippers (the TSA sometimes confiscates them from carry-on bags, so check them)
- ☐ Razor and shaving cream
- ☐ Soap/body wash
- ☐ Shampoo, conditioner, and hair products
- ☐ Sunscreen

### *Clothing*

Consider adapting to the style of the country to which you're traveling. Dress in layers to accommodate the shifts in weather and prepare for a variety of activities.

- ☐ Shoes (good, comfy, broken-in walking ones; you can skip packing these and wear them on the plane, but consider a spare pair if you have room)
- ☐ Socks
- ☐ Belt(s)
- ☐ Underwear/undershirts/bras
- ☐ Jeans/pants/skirts
- ☐ Pajama shirt
- ☐ Pajama pants
- ☐ T-shirts
- ☐ Dress shirt/dress/blouse (at least one, in case you go to a nicer place)
- ☐ Sweater/cardigan/pullover
- ☐ Coat
- ☐ Shorts

**Protip:** Avoid hoodies, baseball caps, tennis shoes, athletic wear, and graphic clothes if you want to blend in. Words like "state" and "soccer," Greek letters, and stars-and-stripes prints scream "American." Or run a social experiment: wear all of these and see what happens!