CARRY-ON LUGGAGE
- Passport and Visa & Copies of Passport and Visa
- Flight/Transportation Tickets
- Prescription Medications
- Cash and Credit Cards
- Change of Clothes
- UCA Study Abroad Handbook
- ISIC Student ID Card/Insurance Card
- Camera/Breakable Electronics
- Emergency Contact Information
- Inventory List of Items Packed
- Unopened Snacks

CHECKED LUGGAGE
- Prescription Glasses/Contacts and Solution
- Sunglasses
- Prescription Medication*
- Over-the-Counter Medication/Small First Aid Kit
- Toiletries, Sanitary Products
- Cool, Comfortable Clothes (that can be layered)
- Ipod, MP3 Player, etc., Batteries
- Backpack or Money Belt, if needed**
- Battery Operated Alarm Clock
- Towels/Washcloths
- Travel Sewing Kit
- Language Dictionary/Grammar Book/Travel Guides, Maps
- Textbooks and Course Materials
- Emergency Contact Information
- Copies of Passport and Visa
- Light Jacket or Coat (if necessary)
- ID Tags (with contact information, attached both outside and inside of ALL bags)
- Extra Film/Memory Cards
- Umbrella or Rain Jacket
- Adapter and Voltage Converter, if needed***

*Prescription medication: If you take prescription medications on a regular basis you should carry a note from your doctor stating your medical condition, the purpose of the medication, dosage information and the brand and generic names of the medication. This is especially necessary if you will be carrying insulin, syringes or narcotics. Keep all medications in their original containers with your name clearly printed on the labels. Bring enough medication to last your entire stay abroad.

**Pickpockets: Pickpockets might be common in some locations; travel pouches that are worn under clothing are useful for carrying passports, credit cards, and cash. Do not bring expensive items, especially expensive cameras, fine jewelry or keepsakes that could be lost or stolen. You will be an easy target if you wear a purse or a backpack in a way in which someone can gain easy access. Your passport could be a valuable commodity on the black market.

***Electricity: Sometimes appliances purchased in the U.S. cannot be used with outlets in other countries unless the appliance has a dual voltage switch or you have a transformer and a plug adapter. American appliances run on 110 volts and other countries use 220. If you cannot find dual voltage versions of your favorite appliances, you can buy transformers to convert the electricity and adapter kits for the different sockets at your local hardware store (Radio Shack/Wal-Mart) before you leave.