

Study Abroad in Europe

I. Dos and Don'ts of air travel

II. Packing

a. Good things to have

- wet wipes
- kleenex packets
- pocket knife (checked)
- small flashlight
- bathrobe
- flip-flops
- travel alarm clock
- foam ear plugs
- phrase book
- waterproof shoes/boots
- small umbrella
- backpack cover
- sunglasses
- towel
- pocket notebook
- Shout wipes
- dryer sheets for suitcase/backpack
- Guide book (Berkeley, Let's Go, Rough Guide, etc.)
- address book
- contact lens solution
- personal hygiene and medicines (cold medicine, Pepto, Immodium, Midol, athlete's foot stuff, band-aids, tampons, razors, etc.)
- one "nice outfit" (anything black)
- Walkman and cds, tapes
- MC/Visa Debit card
- Sweater
- Rain jacket

b. Bad things to have

- anything in glass bottles
- expensive jewelry or watch
- insensible shoes
- heavy, bulky clothing
- lots of brightly colored clothing
- lots of cash
- anything that needs an outlet

Study Abroad in Europe What to Bring and Not to Bring

What You Should Bring:

Paper Supplies:

school supplies (notebook, folder, loose leaf, pens)
phrase book
travel guide (Berkeley's, Let's Go, Rough Guide, etc.)
address book

Clothing and accessories:

small umbrella or rain jacket	two "nice" outfits
sunglasses	bathing suit
lightweight bathrobe	sweater/ light jacket
waterproof shoes/boots	safety pins/clothespins
pocket knife (checked)	backpack cover
flip-flops for shower	

Personal hygiene and medicine:

prescription medicine and copy of prescription
cold medicine, pain reliever, Pepto, Immodium
band-aids (for blisters)
tampons, toothbrush, travel size toiletries
contact lens solution, extra contacts, glasses
Kleenex packets

Cleaning Supplies:

wet wipes
Shout wipes
dryer sheets for suitcase

Miscellaneous:

travel alarm clock w/ batteries
MP3 player/Walkman and cds, batteries
coin purse
camera and film

What You Should NOT Bring:

anything in glass bottles	anything that needs an outlet
expensive jewelry or watch	anything that will ruin your clothes
insensible shoes	lots of cash
provocative clothing	heavy, bulky items
brightly colored clothes	

What You Should Buy in Europe:

shampoo/conditioner
soap/shower gel
razors
shaving cream
misc. toiletries (cotton balls, q-tips, etc.)
water bottle, cups/glasses, utensils
hair dryer
phone cards