

## NICI Study Abroad Student Handbook Appendix 8

### Packing lists

#### Clothing

1 pair of walking shoes (break them in before you go to avoid blisters)

1 pair of flip-flops (showers may be less than scrupulously clean)

3-5 pairs of socks

5-7 pair of underwear

1-2 pair of shorts

1-2 skirts/trousers

2 shirts

1 sweater/sweatshirt

1 poncho/rain jacket

1 light jacket

1 bathing suit

1 hat

1 semi-nice outfit (2-3 if you plan on attending formal events)

#### Toiletries – use travel size containers to save space and weight

Glasses, sunglasses, contact lenses and cleaning solution (copy of lens prescription)

Toothbrush/toothpaste

Soap and shampoo

Comb and brush

Sunscreen, moisturizers, cosmetics

Deodorant

Kleenex

Tampons

Razor blades

#### Med Kit

Prescription medicine -keep it in the original bottle and carry a copy of the prescription

Headache med (aspirin or Tylenol for example)

Diarrhea med

Antihistamine

Band aids of various sizes (some – not the whole box)

Antiseptic swabs

Tweezers