



Packing Checklist

Please note that this checklist is not exhaustive and is meant to be used as a guide. Internship students are expected to pack appropriate clothing for their placements.

CLOTHES

- SHIRTS
- SHORTS/PANTS
- SKIRTS/DRESSES
- UNDERWEAR
- OTHER UNDERGARMENTS
- SOCKS
- JACKET/COAT
- PAJAMAS
- BATHING SUIT
- LOUNGE-WEAR
- SWEATERS/SWEATSHIRTS

ACCESSORIES

- GLASSES/CONTACTS
- UMBRELLA
- HAT
- PURSE/BAG/TOTE
- SUNGLASSES
- SCARF/GLOVES

OTHER

- MEDICATIONS
- MAKEUP
- WATERBOTTLE
- GIFT FOR HOST FAMILY

DOCUMENTS

- PASSPORT & VISA
- ARRIVAL INSTRUCTIONS
- PLANE TICKET(S)
- EMERGENCY CONTACTS

TOILETRIES

- SHAMPOO & CONDITIONER
- OTHER HAIR PRODUCTS
- MOISTURIZER
- SUNSCREEN
- TOOTHBRUSH & TOOTH PASTE
- BRUSH/COMB
- MENSTRUAL PRODUCTS
- OTHER SKINCARE

SHOES

- COMFORTABLE WALKING SHOES
- SNEAKERS
- SANDALS
- BOOTS
- DRESS SHOES

ELECTRONICS

- PHONE & CHARGER
- LAPTOP & CHARGER
- OUTLET ADAPTER
- CAMERA
- TABLET/E-READER
- SIM CARD
- POWERBANK
- HEADPHONES

NOTES