



## SUGGESTED PACKING LIST

### Our favorite packing tips for students:

1. Don't be a *packing* procrastinator. Start packing gradually now to avoid last-minute stress before your flight.
2. Pack your bags and then take out half of the stuff you packed. You will be surprised that you can live very comfortably with very little.
3. If you can't carry everything you have packed up and down a flight of stairs by yourself, then you know you are taking too much. (Please really consider this point, as students in the past have had real difficulties transporting their luggage from the airport or on excursions because they simply brought too much with them or it was too heavy)

### The following will be provided/available to all students at the Château:

- Linens, blankets, and towels are provided to each student for use in your dorm room at the Château. (so bring a small towel with you if you plan to travel, as the towels/linens are not allowed to be taken from the Château)
- Hairdryers are available for use in the shared bathrooms
- Shared computers are available in the library and computer lab for those not bringing laptops
- Student kitchen (so you do not need to bring can opener, plates, cups, cutlery, etc.)
- Washer and dryer (so don't bring tons of clothes. You can wash them and also might like the idea of buying new clothes in Europe)
- Ironing board/iron

### General Packing Tips:

- Leave expensive jewelry/valuable items at home. If you don't want to lose it, don't bring it.
- Clearly identify ALL luggage inside and out with your name and destination
- Check airline regulations for weight, size and number of bags. Storage space in your room will usually be limited. Do not bring more than 2 bags. If you can not carry or roll your luggage yourself, you are bringing too much.
- Leave extra space in your bags for things you will want to bring home. Otherwise, you can also mail things back home but additional shipping costs will incur.
- Keep a copy of your passport in a different place than your actual passport. Also leave a copy of your passport and itinerary at home.
- Keep a list of phone numbers to cancel credit cards in case of loss or theft.
- Bring a few extra copies of passport sized pictures. You will need at least one copy for your public transportation pass and one copy for your student ID.

## Carry-On Luggage

Always pack your most important items in your carry-on luggage so you can keep track of them at all times.

### On the plane:

You will be on the plane for quite a few hours, so think about comfort. Here are some tips:

- Bring a copy of your itinerary and your coordinator's cell phone and email address
- Wear comfortable, loosely fitting clothes
- Take an extra pair of socks along in case you take off your shoes in flight
- Dress in layers to accommodate changes in the temperature as you travel
- Be sure that your carry on bag is not larger than what is required of your airline. Check their website ahead of time.
- Pack a change of clothes, important documents (passport, visa, etc.) and any prescription drugs you might need in your carry-on bag in case your checked luggage gets lost.
- Your passport/student visa and money should stay with you at all times.
- Travel itinerary and other important documents
- A change of clothes/underwear and a toothbrush (just in case your larger luggage gets "misplaced" by the airline or if you want to freshen up once you arrive.)
- Don't forget about airline's limitations for carrying liquids and other items in your carry-on. Check the FAA website - [http://www.faa.gov/passengers/prepare\\_fly/baggage/](http://www.faa.gov/passengers/prepare_fly/baggage/)

## Checked luggage:

### In general:

- Pack layers so you are prepared for all types of weather, especially colder weather and snow.
- Take clothes that are easily washed, dry quickly and require minimal ironing
- Work around a basic scheme of mixing, matching and layering.
- Bring 1-2 professional outfits for your visits and excursions to companies and institutions since there is a dress code.
- Adapters / converters for electronics

## Clothing:

Pack less than you think you need, and choose clothing that is comfortable and can mix-and-match. Remember too - dark clothes don't show dirt as much as light clothes...

- 1 warm coat/winter jacket
- Lightweight jacket
- Scarf/gloves
- 1-2 business casual outfits for excursions/field trips/ (suit/dress)
- 1 semi-dressy outfit for special events
- 10 shirts (mixture of t-shirts, sweaters, blouses, shirts)
- 1-2 pairs of jeans
- 1-2 pairs of comfortable pants
- 1 belt
- 10 pairs of socks and underwear
- Umbrella (small compactable)

## Shoes:

Limit the shoes!

- 1-2 pairs of dress shoes for visits and field trips
- 1-2 comfortable pairs of closed toe shoes - be prepared to do a lot more walking that you do at home. (flip flops are not recommendable for the cold weather)
- In general, Europeans LOVE boots and the French LOVE shoes. There are plenty of places to buy inexpensive but comfortable shoes. You might want to consider saving up to buy something special for yourself in Europe.

## Toiletries

**Limit the toiletries!** Most toiletries that you use at home can be purchased in Strasbourg, even if the brands are probably different. Many students even like the idea of discovering a new French shampoo or a new European lotion, so pack only the name brand items that you absolutely can not live without.

- Comb/brush
- Toothbrush/toothpaste
- Lotion
- Deodorant
- Glasses/contact lenses (with contact solution and carry case)
- Any prescription medication (see below)
- Allergy medicine
- Shampoo/conditioner
- Feminine products
- Shaving kit



## Prescription medicines

If you take/need prescription medications, make sure to pack the medication in the bottle you received from the pharmacy. Pack the most important medication in your carry-on luggage in case your checked luggage gets “misplaced by the airline” (liquid medicine should not exceed the limits allowed in carry on luggage).

Refills on medication are somewhat difficult to get in Europe with a foreign prescription. Also do not bring more than what is allowed or needed. Most countries limit the amounts of prescription medicine which can be brought into their country.

Be aware that some “over the counter” medications or products which are easily purchased in the US might require a doctor’s prescription in Europe. Double check on any products before you leave home, especially if you absolutely need certain products.

Other things to consider:

- Over-the-counter medicines, such as: Tylenol/Ibuprofen, pill form of Pepto-Bismol, Anti-diarrhea medicine, dramamine
- Small first aid kit
- Band-aids
- Eye drops
- Nose spray
- Contraceptives

## Money

We suggest that you bring some cash with you, if it is possible to do this before you leave.

Definitely be sure to go to your bank before you leave to let them know where you’re going, how long you’re going for, etc. to avoid any confusion (if you plan on using a credit card, let them know, too). Otherwise, your credit card might be tagged as stolen if charges suddenly show up in France.

Although we do not want to recommend one bank over the other, we do know from past participants that Bank of America has an international agreement which allows you to withdraw cash without any fees from all ATMs of BNP Paribas (France), Deutsche Bank (Germany) and Barclay’s (UK). Opening up an account with them before you leave for Europe might end up saving you the expense of those bank fee costs, especially since you will stay in Europe for four months.

## Miscellaneous

There are always random items that you should bring that will help you when you explore your host country.

- Sun glasses
- Travel umbrella
- Flashlight
- Language dictionary
- Backpack (for short breaks / weekend trips)
- Bathing suit (there is an indoor heated pool nearby to the Château)
- Money belt
- A small picture album/ or pictures of friends / family
- Inflatable travel pillow
- Memory stick for your data
- Extra memory card for your digital camera
- Flip flops for the showers
- Small sewing kit

Other points to consider:

- Fanny packs & baseball caps – these are obvious clues that you are a tourist from North America which is of course nothing to be ashamed of, rather something you should be aware of if you do not want to be easily identified by pick-pockets when in public.
- White tennis shoes, i.e. Keds/Nikes – most Europeans, especially in France, only wear their sport shoes when they are actually doing sports at the gym or jogging, so if you do not want to stick out like a sore thumb, take this into consideration.
- Europe's budget airlines such as Ryan Air and Easy Jet – are a great and affordable way to see lots of Europe but they also usually have very strict rules/limits and expensive penalties for overweight luggage as compared with most US airlines. Keep this in mind if you only plan to bring large pieces of luggage. Bringing a backpack or smaller piece of luggage too will probably come in very handy.

Last but not least: **bring an open mind**. You will inevitably run into new customs and things that you are not familiar with, events that might frustrate you, things that will surprise you – that is what makes the experience of a semester abroad so wonderful!

If you have any questions about your upcoming semester abroad, please do not hesitate to contact us [jennifer.bensching@cepa-foundation.org](mailto:jennifer.bensching@cepa-foundation.org).