

Packing List for The United States

Traveling lightly is always the best way to travel to the United States. Xperitas recommends packing everything in a small to medium sized suitcase. Pack a small backpack in your suitcase or use it as your carry-on.

TO CARRY ON YOU

In a money bag, neck pouch, or crossbody bag

- Passport (ESTA confirmation and other visas, green cards, or documentation needed to enter the United States)
- Small amount of cash in US dollars and Euros
- Other currency if you have a layover in another country.
- Credit and debit card (and PIN needed to withdraw money)
- Travel itinerary with addresses of your hotels and your host family

BEST LEFT AT HOME

- Jewelry
- High-heeled or uncomfortable shoes
- Laptop, or other expensive technology
- Hair dryer/curler/straighteners

FOR YOUR CARRY-ON

- Phone and charger
- Travel size hand sanitizer (100 mL or less)
- Travel pack tissue
- Disinfecting wipes
- Face masks
- English language dictionary/other things to study on the plane
- Essential medicines (prescriptions in original bottles and carry generic names of all prescriptions)
- Toothbrush and toothpaste (100 mL or less)
- Deodorant
- Change of clothes
- Travel adapter/converter to charge your electronics in the U.S.
- Menstrual products (as needed)
- Anything you would not want to do without in the rare event that your suitcase is delayed

What Goes In Your Suitcase

Check with your airline for specific luggage guidelines and applicable fees. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width and length) and weight ranges from 44-50 pounds. Fees vary by airline. In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller. Make sure you bring enough layers of clothing for different temperatures Roll clothes instead of folding – it saves space and helps with wrinkles. Pack electronics in your carry-on. Checked luggage gets tossed around, so don't pack anything fragile in there.

CLOTHING & ACCESSORIES

- 6-7 changes of clothes that can be mixed, matched and layered. Dress in layers to be prepared for extremes in weather. The climate and seasonal changes in the U.S. vary by region.
- 2 - 3 formal outfits: dress pants, dress shirt/collared shirt, skirt/dress and blouses for visiting schools, churches, etc. Ask about the dress code at your US High School.
- Rain gear: coat, hat, umbrella and/or poncho. Articles that dry quickly are ideal.
- Underwear and socks
- Pajamas
- Swimsuit and towel (summer travelers)
- Sunglasses and hat
- Gloves and hat (if needed)
- 1 pair of comfortable walking shoes
- 1 pair of sandals for summer travelers (we recommend sandals with covered toes)
- Plastic bag for dirty clothes/shoes

TOILETRIES & PERSONAL CARE

- Shampoo & conditioner (in small containers)
- Soap
- Deodorant
- Contact solution, contact case & extra contacts (and your glasses)
- Razor & shaving cream
- Hair products
- Lotion
- Cosmetics
- Brush
- High Factor/SPF sunscreen and lip protector

OTHER

- Gift for your host family
- Photos of your family and friends/scrapbook
- Photocopy of your passport
- Non-perishable snacks (no produce)
- Reusable water bottle