

# Immersion Program Packing List

## FOR YOUR CARRY-ON

- Camera or smart phone and charger
- Travel size hand sanitizer
- Travel pack tissue/Kleenex
- Disinfecting wipes
- Basic first aid kit
- Resources to read/study on plane
- Essential medicines (prescriptions in original bottles and carry generic names of all prescriptions)
- Toothbrush and toothpaste
- Deodorant
- Change of clothes
- Menstrual products
- Anything you would not want to do without in the rare event that your suitcase is delayed
- Reusable water bottle (empty until you clear airport security)

## BEST LEFT AT HOME

*Jewelry, high-heeled or uncomfortable shoes, laptop or other expensive technology, hair dryer/curler/straighteners*

## TRAVEL TIPS

*Check with your airline for specific luggage guidelines. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width, and length) and weight ranges from 40-50 pounds.*

*In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller.*

*Most travelers are surprised at how chilly it is in Belgium (both in spring and summer). Make sure you bring enough layers for cold weather.*

*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.*

## TO CARRY ON YOU

### *In a money belt, neck pouch, or cross body bag*

- Passport (valid for at least 6 months)
- Small amount of cash
- Credit and debit card
- Travel itinerary with addresses of your hotels and your host family
- Xperitas insurance card
- Visa, green card or other documentation (if required and/or applicable)

# What Goes In Your Suitcase

*This may vary depending on the length of your stay abroad. It is a good idea to check the 10-day weather forecast ahead of time so you can pack accordingly.*

## CLOTHING & ACCESSORIES

- 6-7 Changes of lightweight and breathable clothing for the summer months (May to September). Consider t-shirts, shorts, sundresses, and skirts. Warmer clothing for the winter months (November to February). Bring sweaters, long-sleeved shirts, and a medium-weight jacket. Clothes that can be mixed, matched and layered. Dress in layers to be prepared for extremes in weather. France can be chilly and rainy or sunny and warm.
- 2 Formal outfits; dress pants, dress shirt/collared shirt, skirt/dress and blouses for visiting schools, churches, etc.
- Rain gear: coat, hat, umbrella and/or poncho. Articles that dry quickly are ideal. Underwear and socks
- Pajamas
- Summer Travelers: Swimsuit, towel, sunglasses and a wide-brimmed hat
- Gloves and hat (if needed)
- 1 Pair of comfortable walking shoes or sneakers
- 1 Pair of sandals or flip-flops for summer travelers (we recommend sandals with covered toes, such as Keens)
- 1 Pair of comfortable shoes to hike in (old tennis shoes are great)
- Plastic bag for dirty clothes/shoes

## TOILETRIES & PERSONAL CARE

- Shampoo & conditioner (in small containers)
- Contact solution, contact case & extra contacts (and your glasses)
- Razor & shaving cream
- Hair products, brush/comb
- Lotion, soap
- Cosmetics
- High factor sunscreen and lip protector

## OTHER

- Gift for your host family, and photos of your family and friends/scrapbook
- Photocopy of your passport
- Flashlight or head lamp
- Plastic bag for dirty clothes/shoes
- A small backpack, purse or messenger bag to bring along on your day outings (this could be your carry-on)
- Non-perishable snacks to stave off hunger while sightseeing (granola bars, dried fruit, nuts, crackers)
- Reusable water bottle
- Ear plugs and eye mask for possibly loud hotels in big cities