Tips for Traveling Abroad

Packing

**Don’t forget your safety net!**

- **Consider packing a throwaway wallet.** Pack a second wallet with an old ID, expired credit cards, and a small amount of cash to give up if you are robbed or mugged.

- **Pack a hidden pouch:** Keep your passport, important documents, most of your cash and credit cards in a pouch hidden under your clothes around your waist or neck to keep items safe from being lost or stolen.

- **Know the culture:** In some countries, jeans are considered decadent and disrespectful. This calls attention to you as a visitor and not in a positive way.

- **Keep a copy of all important documents in a safe location.** Make a photocopy of all identification, passports, credit cards, etc... in case the originals are lost or stolen.

- **Do not project wealth:** Do not wear expensive jewelry, watches or clothing that might make you an easier target for a thief to spot in a crowd.

- **Do not advertise your citizenship.** Depending on your destination, consider avoiding American icons such as flag shirts.

**How much should you pack?**

- Pack as light and consolidated as possible, you will spend more time walking with your bags than you realize.
  - Pack your bags completely then practice by carrying your suitcase up two flights of stairs and around a whole block. You may need to repack.

- **Use the right luggage:** Consider a convertible backpack/rolling suitcase with zip-away shoulder straps.

- **Take minimal essential clothing:** Take less, wash more and you will most likely buy clothes while you are away so leave room to bring items back.

- **Pack the same amount of items for any time period:** Whether gone for two weeks or two months, pack exactly the same. Pack enough to get started and expect to replenish later.

**What should you pack before you leave?**

- **Essentials, money and documentation:** Cash, credit/debit cards, emergency phone numbers, medication, Identification (Passport).

- **Electronic Devices/Appliances** *(Laptop, communication device, MP3 player, flat irons, hair dryers)*: Check the voltage, plug and outlet configuration for your destination. Bring the correct adaptors.[http://www.kropla.com/electric.htm](http://www.kropla.com/electric.htm)

- **Hygiene Products:** Put all squeeze bottles in sealable plastic baggies, since pressure changes in flight can cause bottles to leak. (If you plan to carry on your bag, all liquids and gels must be in 3.4-ounce or smaller containers, and all of these items must fit within a single, quart-size sealable plastic baggie.)

- **Comfortable footwear:** Take comfortable, broken-in footwear with good tread appropriate for scheduled activities such as a pair of tennis shoes, hiking boots, and/or walking sandals.

- **Leave valuables at home.** The College’s insurance does not cover lost or stolen items.

**Websites to check out:**

What and How to Pack:
http://www.ricksteves.com/plan/tips/packlight.htm
http://www.frommers.com/tips/packing_tips/

Some Online Travel Shopping sites:
http://www.magellans.com
http://www.rei.com
http://www.travelsmith.com