

# LUTHER CENTER FOR GLOBAL LEARNING

## Packing List

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Packing for a trip is a very individualized activity. The following list provides some insights on general packing hints/tips. Please note: we do not expect you to bring everything on the list. Instead, use this list as a general packing guide. Work through the list and bring only those clothing and non-clothing items appropriate for your specific program. In addition, you may want to visit, <http://www.onebag.com> for some excellent tips on packing light.

### In General:

1. Pack as lightly as possible; choose clothing that is appropriate for a variety of situations.
2. Mix and match basic colors.
3. Bring wrinkle-resistant clothing; be prepared to wash some things out by hand.
4. In cooler climates, consider dressing in layers.
5. Rolled clothing takes up less space than folded clothing.

### Non-clothing Items (specific items to bring will depend on your travel destination):

- |   |   |
|---|---|
| <input type="checkbox"/> Passport   | <input type="checkbox"/> Swiss Army Knife or Leatherman (cannot be in carry-on) |
| <input type="checkbox"/> Driver's License (for domestic programs)           | <input type="checkbox"/> 1-quart zip-lock bag for liquids in carry-on bag       |
| <input type="checkbox"/> Luther ID (may give you reduced entrance fees)     | <input type="checkbox"/> Inexpensive watch with alarm                           |
| <input type="checkbox"/> Credit/Debit card or ATM card                      | <input type="checkbox"/> Reusable water bottle (be careful about safe water)    |
| <input type="checkbox"/> Cash   | <input type="checkbox"/> Reusable silverware, food baggies, and containers      |
| <input type="checkbox"/> Spare glasses/sunglasses                           | <input type="checkbox"/> Laundry detergent (powder or single use liquids)       |
| <input type="checkbox"/> Handkerchief/bandana (substitute for paper towels) | <input type="checkbox"/> Stain remover  |
| <input type="checkbox"/> Travel clock with alarm                            | <input type="checkbox"/> Washcloth and towel                                    |
| <input type="checkbox"/> Backpack/fanny pack                                | <input type="checkbox"/> Toiletries (soap, shampoo, toothpaste, etc.)           |
| <input type="checkbox"/> Money belt   | <input type="checkbox"/> Small sewing kit                                       |
| <input type="checkbox"/> Books or magazines/downloads on phone              | <input type="checkbox"/> Plastic bag for dirty/wet clothes                      |
| <input type="checkbox"/> Flashlight and batteries                           | <input type="checkbox"/> Address book   |
| <input type="checkbox"/> Toilet Paper (for developing countries)/Kleenex    | <input type="checkbox"/> Packaged electrolyte drink mix                         |
| <input type="checkbox"/> Maps/print outs of key areas                       | <input type="checkbox"/> Camera/lenses/sun filter/film/memory cards             |
| <input type="checkbox"/> Playing cards, hand-held games                     | <input type="checkbox"/> Phone/computer/watch or other charging cords           |
| <input type="checkbox"/> Travel journal/small notebook for budget           | <input type="checkbox"/> Adapter plugs, if necessary                            |
| <input type="checkbox"/> Small snacks                                       | <input type="checkbox"/> Gifts for hosts, if applicable                         |

### Clothing Items:

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|---|---|
| <input type="checkbox"/> Warm coat, gloves, scarf and hat for cool climates | <input type="checkbox"/> Walking shoes/sandals (1-2)—well broken in       |
| <input type="checkbox"/> Sweaters for cool climates (1-2), dress in layers  | <input type="checkbox"/> Swimwear for beach/hotel                         |
| <input type="checkbox"/> Long pants/jeans (2-3)                             | <input type="checkbox"/> Pajamas  |
| <input type="checkbox"/> Shirts and tops (4-5)                              | <input type="checkbox"/> Underwear, t-shirts, socks (6-7)                 |
| <input type="checkbox"/> Shorts (depending on location)                     | <input type="checkbox"/> Raingear (windbreaker and/or umbrella)           |
| <input type="checkbox"/> Skirts (2-3)                                       | <input type="checkbox"/> Hat or bandana (particularly if you burn easily) |
| <input type="checkbox"/> Reusable face masks (3-4)                          | <input type="checkbox"/> Belt   |

### For Dress Occasions (consult your program for any specific clothing requirements):

- Dress shirt/tie/sport coat and dress shoes
- Dress or skirt/blazer and dress shoes

### Health/First Aid Items (based on Centers for Disease Control and Prevention guidance):

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|---|---|
| <input type="checkbox"/> Prescription medications (place in carry-on bag)       | <input type="checkbox"/> Antihistamine and/or decongestant                          |
| <input type="checkbox"/> Prescriptions for location (malaria medications, etc.) | <input type="checkbox"/> Anti-motion sickness medication                            |
| <input type="checkbox"/> Pain/fever medications (aspirin/ibuprofen/Tylenol)     | <input type="checkbox"/> Cough suppressant/expectorant                              |
| <input type="checkbox"/> Antidiarrheal medication                               | <input type="checkbox"/> Cough drops  |
| <input type="checkbox"/> Lip balm   | <input type="checkbox"/> Cold and flu medications                                   |
| <input type="checkbox"/> Lubricating eye drops                                  | <input type="checkbox"/> Antacid  |
| <input type="checkbox"/> Small first aid kit                                    | <input type="checkbox"/> Antifungal and antibacterial ointments/creams              |
| <input type="checkbox"/> Extra contact lenses/cleaning solution (if applicable) | <input type="checkbox"/> Moleskin for blisters                                      |
| <input type="checkbox"/> Sunscreen (UVA & UVB protection), gel for sunburns     | <input type="checkbox"/> Thermometer  |
| <input type="checkbox"/> Mild laxative  | <input type="checkbox"/> Insect repellent containing DEET at 30% or more            |
| <input type="checkbox"/> COVID-19 vaccination card                              | <input type="checkbox"/> Antibacterial hand wipes and/or hand sanitizer             |
| <input type="checkbox"/> Health insurance card                                  | <input type="checkbox"/> Reference card (translated) indicating any allergies, etc. |