

Documents	Toiletries & First Aid
Make sure you also have a copy of these documents,	 Prescription medications
especially your passport!	Feminine hygiene products
 Passport 	First aid kit/blister kit
• I-20 or DS-2019	 Eyeglasses/contacts/saline solution
 Admission Letter 	 Vitamins
 Financial Documentation (as used to obtain 	 Sunscreen
your F1 or J-1 visa)	Insect repellant
 Receipt for SEVIS fee payment 	Toothbrush & toothpaste
 Travel Information (tickets, flight schedule, etc.) 	• Shampoo
 On-site contact information (telephone numbers, address) 	
 Medication and/or contacts with prescription documents, if applicable 	

Travel Accessories	Personal Items
 \$100 cash for emergency money 	 Address list of family and friends
Camera and memory cards	 Photos of family and friends
Travel information	 Traditional clothing for cultural events
 Carry-on bag with change of clothes in case of 	 CD/MP3 player with headphones
emergency and/or lost luggage	Mini-flashlight
 Sunglasses 	Sewing kit
Snacks/Food	Umbrella
	 Electrical voltage adapter (varies by country)
	 Chargers: cellphone; laptop; camera
	International calling card
	Alarm clock

Clothing & Linens

- Bed sheets
- Lightweight blanket
- Pillow
- Towel
- Rainproof jacket/pants
- Clothing you can layer
- Comfortable walking shoes
- Hat
- Swimsuit