



Suggested Packing List

With a little thought and planning, making sure that you have the essentials will help make your study abroad experience in Europe an enjoyable one.

General packing tips:

- Don't be a packing procrastinator. Start packing gradually now to avoid last-minute stress before your flight.
- Pack your bags and then take out half of the stuff you packed. You will be surprised that you can live very comfortably with very little.
- If you can't carry everything you have packed up and down a flight of stairs by yourself, then you know you are taking too much. (Please really consider this point since you are responsible for carrying your luggage yourself!)
- Don't forget a small piece of luggage/backpack that you can take on weekend trips.
- Leave expensive jewellery/valuable items at home. If you don't want to lose it, don't bring it.
- Clearly identify ALL luggage inside and out with your name and destination
- Check airline regulations for weight, size and number of bags. Storage space in your room will usually be limited. Do not bring more than 2 bags. If you can not carry or roll your luggage yourself, you are bringing too much.
- Leave extra space in your bags for things you will want to bring home. You can send things home in the mail, but international shipping costs are high.
- Keep a copy of your passport in a different place than your actual passport. Also leave a copy of your passport and itinerary at home.
- Keep a list of phone numbers to cancel credit cards in case of loss or theft.

The following will be provided and available to students staying at the ESC:

- Linens, blankets, and towels are provided to each student for use in your dorm room at the ESC. You may want to bring a small towel with you to take on personal trips.
- Shared computers are available in the library and computer lab for those not bringing laptops
- Student kitchen are fully equipped with everything you need to cook
- Washer and dryer (so don't bring tons of clothes. You can wash them and also might like the idea of buying new clothes in Europe)
- Ironing board/iron

Carry-On Luggage



Always pack your most important items in your carry-on luggage so you can keep track of them at all times. Check with your airline regarding carry-on restrictions. It's always a good idea to bring a change of clothes in your carry-on for long flights.

On the plane

You will be on the plane for many hours, so think about comfort. Here are some tips:

- Be sure to have the ESC address, phone number, and email address with you
- Wear comfortable, loosely fitting clothes
- Dress in layers to accommodate changes in the temperature as you travel
- Be sure that your carry-on bag is not larger than what is required of your airline. Check their website ahead of time.
- Don't forget about airline's limitations for carrying liquids and other items in your carry-on. Check the FAA website - http://www.faa.gov/passengers/prepare_fly/baggage/
- These things should stay with you at all times while traveling:
 - Your passport and money
 - All important documents
 - Your prescription medications you in case your checked luggage gets lost
 - A change of clothes/underwear and a toothbrush (just in case your larger luggage gets "misplaced" by the airline)
 - Your important electronic items

Important documents

Please be sure to have your valid passport, and proof of health insurance with you! Students staying for the semester also need the notarized statement of financial support.

Checked luggage:

In general

- Pack layers so you are prepared for all types of weather.
- Take clothes that are easily washed, dry quickly and require minimal ironing
- Work around a basic scheme of mixing, matching and layering.
- Bring 1-2 professional outfits for your visits and excursions to companies and institutions since there is a dress code.
- Adapters / converters for electronics – very important to bring with you, as these will be difficult to find in Germany!

Clothing

Pack less than you think you need, and choose clothing that is comfortable and can mix-and-match. Remember dark clothes don't show dirt as much as light clothes.

- Lightweight jacket
 - 1-2 business casual outfits for excursions/field trips/ (suit/dress)
 - 1 dressy outfit for special events
 - 10 shirts (mixture of t-shirts, sweaters, blouses, shirts)
 - 1-2 pairs of jeans
 - 1-2 pairs of comfortable pants
 - 1 belt
 - 10 pairs of socks and underwear
 - Umbrella (small compactable)
 - Bathing suit
 - Flip-flops for showers
 - Athletic wear
- Semester students will also need:
- Scarf/gloves/warm hat
 - 1 warm coat/winter jacket

Shoes

Limit the shoes!

- 1-2 pairs of dress shoes for visits and field trips
- 1-2 comfortable pairs of closed toe shoes - be prepared to do a lot more walking that you do at home. (flip flops are not recommendable for cooler weather and many Germany won't hesitate to point out that your footwear is inappropriate)
- In general, Europeans LOVE boots. You might want to consider saving up to buy something special for yourself in Europe.
- Sneakers or hiking shoes for hikes in the ESC neighborhood

Toiletries

Limit toiletries! One way to ensure you have space to take souvenirs home is to bring toiletries which you will use while here and not need to take home. However, you should still limit them since liquids are heavy and if a bottle cracks in your suitcase, it will be an unwanted mess and potentially ruin other items. All toiletries are available in Germany and you may find that you like some things here better than those you use at home. However, if there is a certain brand you MUST have, it is advisable to bring that with since not all brands are available in Europe.

- Comb/brush
- Toothbrush/toothpaste
- Lotion
- Deodorant
- Glasses/contact lenses (with contact solution and carry case)
- Any prescription medication (see below)
- Allergy medicine
- Shampoo/conditioner
- feminine products
- shaving kit



Text Books

Most class materials will be supplied here in Germany. However, if you are instructed to purchase specific books ahead of time, please purchase them at home, as they may be difficult and expensive to get in Germany!

Prescription medicines

If you take/need prescription medications, make sure to pack the medication in the bottle you received from the pharmacy. Pack the most important medication in your carry-on luggage in case your checked luggage gets “misplaced by the airline” (liquid medicine should not exceed the limits allowed in carry on luggage).

Refills on medication are difficult to get in Europe with a foreign prescription. Also do not bring more than what is allowed or needed. Most countries limit the amounts of prescription medicine which can be brought into their country.

Be aware that some “over the counter” medications or products which are easily purchased in the US might require a doctor’s prescription in Europe. Double check any products before you leave home, especially if you absolutely need certain products.

Other things to consider:

- Acetaminophen, or paracetamol as it is called here (Tylenol) and ibuprofen are easy to get over-the-counter in Germany.
- We recommend bringing medicine for upset stomach like Pepto-Bismol, anti-diarrhea medicine, antihistamines, or motion sickness medication like Dramamine, if you need these. The same products may not be easily available overseas.
- It is wise to have the following on hand, but you may wish to purchase them in Germany
 - small first aid kit
 - bandages such as Band-Aids
 - eye drops
 - contraceptives

Money

We suggest that you bring some cash with you, if it is possible for you to convert some money before you leave. Be sure to go to your bank before you leave to let them know where you’re going, how long you’re going for, etc. to avoid any confusion (if you plan on using a credit card, let them know, too). Otherwise, your credit card might be tagged as stolen if charges suddenly show up in Germany.

Although we do not want to recommend one bank over the other, we do know from past participants that Bank of America has an international agreement which allows you to withdraw cash without any fees from all Deutsche Bank (Germany) ATMs. You should



check with your bank and credit card company about fees you will incur and what exchange rates they use.

IMPORTANT! Within the first few days of arrival you will need €20 cash for a cell phone deposit and either \$300 or €250 cash for your room deposit. At the end of the semester, if your cell phone is returned and your room left in good condition, both deposits are returned in full. Semester students will need €50 for the residence permit. Semester and Summer students will also need to pay a refundable deposit for excursions. (20€ for the summer and 40€ for the semester.)

Miscellaneous

These are some other items you may find useful:

- Sun glasses
- Flashlight
- Backpack (for short breaks / weekend trips)
- Money belt
- Inflatable travel pillow
- Memory stick for your data
- Extra memory card for your digital camera
- small sewing kit

Other points to consider:

- Baseball caps and athletic shoes (especially white ones!) are obvious clues that you are a tourist from abroad...which is of course nothing to be ashamed of, rather something you should be aware of if you do not want to be easily identified by pick-pockets when in public.
- Most Europeans only wear their athletic shoes to the gym or jogging, so if you do not want to stick out take this into consideration.
- Europe's budget airlines such as Ryan Air and Easy Jet – are a great and affordable way to see lots of Europe, but they have very strict rules/limits and expensive penalties for overweight luggage. A small piece of luggage is a must!

Last but not least: **bring an open mind**. You will inevitably run into new customs and things that you are not familiar with, events that might frustrate you, things that will surprise you – that is what makes the experience of a semester abroad so wonderful!

If you have any questions about your upcoming semester abroad, please refer first to the Student Handbook which you received, but do not hesitate to contact us at info@studyabroad-germany.eu