Pack over-the-counter medications if you have strong preferences for certain brands. Some countries may not carry the brands you are used to.

When trying to decide just how many clothing items you’ll need (how many shirts, pairs of underwear, etc.), imagine that you’re only packing for a two-week trip. You’ll rarely need more than two weeks’ worth of clothes because you will have access to laundry. Chances are you’ll want to buy more clothes while abroad.

When packing what to wear, keep in mind to be respectful of the culture you’ll be a part of abroad.

No need to pack bed linens and kitchen utensils—your housing options are furnished, so most of these household items are not necessary to bring along. Read the Housing section of your Predeparture Information so you’re aware of what amenities come with which housing options. Do some research online to familiarize yourself with the weather patterns of where you’ll be living so you can adapt your packing list accordingly.

If you are placed in a homestay, once you receive your housing assignment (approximately three weeks before the program starts) you should consider bringing them a gift unique to where you are from!

Only pack what you are willing to carry up multiple stairs by yourself! When in doubt, pack lighter—Center staff can help you find whatever you may need in your host country.

This is a basic packing list, make sure you check out more program-specific packing resources in the Predeparture Information for your program or ask your advisor if you have questions!
CLOTHING

- Underwear
- Socks
- Tops
- Pants, shorts, and/or skirts
- Sweater or sweatshirt
- Workout clothes
- Pajamas
- Swimsuit
- One or two nicer outfits (for events or formal dress internship placements)
- Coat/jacket (check the weather in your host country)
- Raincoat or Waterproof Jacket
- Comfortable walking shoes
- Dress shoes
- Flip flops/shower shoes
- Accessories/Belts

TOILETRIES

- Deodorant
- Hair brush/comb
- Glasses/contact lenses for duration of program
- Prescription medications for duration of program
- Preferred over-the-counter medicine
- Menstrual hygiene items
- Shaving supplies
- Preferred skincare/makeup

EXTRAS

- Travel/overnight bag and/or travel purse
- Umbrella
- Sunglasses
- Padlock to lock luggage when traveling or in hostels
- Small, quick-dry towel
- Ear plugs
- Travel pillow
- Travel journal
- Lip balm
- A book
- Lint roller

www.IESabroad.org/what-to-pack