

## PACKING LIST

### HAVE YOU:

- Confirmed how to get from airport to final destination?
  - Called your bank/credit card companies to let them know when and where you're traveling?
  - Downloaded maps you can access if not connected to Wi-Fi?
  - Made copies of all documents for you and to leave at home?
  - Consulted with your doctor about any prescription medication you take? You'll need to bring enough for length of stay; if > 3 months, you likely will need to see a doctor abroad as Rx's cannot be transferred; check legality of controlled medications)
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### BRAZIL/MISTI-SPECIFIC

- ISOS Card
- MISTI info card and health/safety guide
- Confirmation/proof of health/travel insurance
- Immunization/Vaccination card
- Gifts/MIT swag for hosts and/or families
- Business cards

### DOCUMENTS

***Tip: Download photos and/or print boarding passes, itinerary, in-country address, etc. Don't assume you'll have a good internet connection (true for both US and Brazil).***

- Passport and visa
- Driver's license or state ID and student ID (for discounts while traveling)
- Plane tickets and Itinerary
- Accommodation confirmation/address
- List of medications and/or actual Rx if possible
- Health insurance card
- Emergency contact info in Brazil and at home
- Bank/credit card company contact information
- List of other important phone numbers and addresses

### ON THE PLANE

- Earplugs
- Sleeping mask
- Travel pillow(s)
- Motion-sickness remedy

### **\$\$\$\$**

- Wallet (RFID blocking if possible)
- Cash
- Credit cards
- ATM card

### **LUGGAGE/BAGS**

- Backpack/day bag/messenger bag
- Purse (no more than two)
- Collapsible tote for shopping
- Money belt
- Plastic bags (for packing liquids)
- Travel locks and keys
- Reusable lunch bag

### **LINENS/LAUNDRY**

- Pillow case (useful when traveling and staying in hostels)
- Quick-drying towel and washcloths
- Laundry bag
- Stain remover (like Tide pens)
- Small sewing kit
- Lint roller

### **TECH**

- Cell phone and accessories (consider buying a SIM card/chip upon arrival)
- Laptop/tablet
- Chargers including a portable charger
- Camera and accessories
- Flash drive

- Headphones
- Voltage adaptors
- Current converter
- Batteries

## **WORK/STUDY/READING MATERIAL**

- Planner
- Work documents
- Notebook
- Pens/pencils
- Compact dictionary and/or phrasebook
- Travel guide(s)

## **CLOTHES/SHOES/ACCESSORIES**

***Tip: Pack clothes that are easy to layer, wrinkle-resistant, durable, and comfortable. Confirm any dress codes with program staff and supervisor.***

- Socks/underwear (enough to last for a two-week cycle)
- Sleepwear/pajamas
- Jeans (a couple pairs)
- Nice outfits/separates (aim for tops and bottoms that mix and match well)
- Blazer or sport coat
- Robe
- Sweaters/sweatshirts/hoodie
- Light jacket or coat (water resistant if possible)
- Hat
- Gloves
- Scarves/wraps (also good for beach)
- Exercise clothing
- Swimsuit
- Athletic shoes
- Casual shoes
- Dress/work shoes
- Sandals/flip flops/shower shoes
- Slippers

- Belts
- Watch
- Jewelry (minimal, nothing flashy or very valuable)
- Sunglasses
- Glasses (regular, reading, etc.)
- Glasses cases
- Folding umbrella
- House keys
- Sports and/or camping gear
- Water bottle

## **TOILETRIES/HYGIENE**

***Tip: You can easily find most of these materials and others not on this list (e.g. shampoo, conditioner, etc.) at local pharmacies and/or supermarkets.***

- Prescription medicine
- Antibacterial hand gel
- Sunscreen
- Insect repellent
- Lip balm
- Eye drops
- Individual Kleenex packets
- Toothbrush/toothpaste/floss
- Soap
- Deodorant
- Brush/comb
- Razors
- Nail clippers/file
- Hair dryer, curling/flat iron (check voltage!)
- Feminine hygiene products (if you're particular about a certain brand)
- Contact lenses/case/solution
- Small first-aid kit (e.g. pain reliever, anti-diarrheal medicine, Pepto-Bismol, antibiotic cream, bandages)