



Helpful Tips Before You Leave

Study Abroad Office • Rockhurst University

Things to do before you leave

- Double check that you have been accepted by the program or host university AND have confirmed your participation!
- Talk to students who have been there.
- If you receive financial aid, meet with your financial aid officer, making sure they know the start date of your program and that arrangements have been made for early dispersal of funds.
- **Read all of** the pre-departure information from your specific program.
- Pay all your phone bills and library fees, so that you'll be able to register for study away and for the following semester's classes while you're off-campus.
- Discontinue magazine and CD club subscriptions during your absence.
- Talk to returnees (again). Ask them about the system of education, the teaching, cross-cultural communication glitches, and gender inequality, not just the coolest beaches or bars!

To do at home

- Update your passport and/or get a visa.
- Get your student International Student Identification card (ISIC). (Available in VA 215 if not provided by your program.)
- If you plan to get a Eurail pass, get it BEFORE you leave. Check out an International Youth Hostelling card, too.
- Get your immunizations and have a routine physical and a dental examination.
- Get extra glasses or contacts, solution, etc. and enough prescription medications to last for the duration of your program, if you are on a regularly prescribed medications. Make sure that your prescribed medications are legal in the country(ies) you plan to visit.
- Find out about your health insurance coverage.
- Amass your "fortune" in traveler's checks, credit cards, or ATM cards. Make copies of everything and leave it with a family member or friend.
- Check that your camera works (or learn how to use it) and stock up on film and batteries.
- Pack your mind (with books, articles, videos, stories from friends, etc. about your destination) and your backpack (with less stuff than you'd think).
- Make a study away address book of e-mail, phone numbers, etc. Include embassy information for the countries you'll be visiting, your insurance plan number, program addresses of friends abroad, etc.
- *Did we mention talking to people who've been there?*

Packing your mind vs. your luggage

We suggest a variety of information sources:

- RU faculty, staff and international students who have lived and studied in your country of destination.
- Travel books such as *Let's Go* or *Lonely Planet*.
- Tools for your memory and imagination, such as cameras, a blank travel journal, or sketch pads and drawing materials.
- Web sites including:
 - Savvytravler.com (tips and links)
 - studyabroad.com
 - Online newspapers
 - Online radio broadcasts
- Online weather info:
 - www.wunderground.com
 - www.worldweather.org

Packing your luggage

In this case, less is more. When it comes to packing, decide what you want to take, then leave half of it behind. In addition to your program's packing list, be sure to remember:

- Passport
- Tickets
- Credit and/or ATM card
- Traveler's checks (you can get these in Euros now)
- Some local currency, available at banks or airports
- 2 photocopies of all ID documents, leave one set at home, pack the other set separately from your ID.
- Student ID card

Other useful things (according to returned students)

- Photos or postcards of family, school, home, and your home city or state
- Tums and laxatives and of course, diarrhea medication (even if you're studying in the US, because when you need it, you don't feel like shopping for it!)
- Small gifts for your new roommate or classmates, preferably from your home state/country or RU.
- Band-Aids (Did you know Band-Aids are really hard to find in some countries?)
- An extra supply of tampons and other personal items – you'd be surprised how hard it can be to find these in many countries!
- A power adapter for things like hair dryers or camera battery chargers.

Packing Suggestions

(Refer as well to information you may receive from your host institution.)

Clothing *

- 1 pair of walking shoes or sneakers
- 1 pair of dress shoes
- 1 pair of sandals
- 7 pairs of socks
- 7 pairs of underwear
- 1 pair of shorts
- 1 swimsuit
- 1-3 skirts/pants
- 2-4 shirts
- 1 raincoat or lightweight poncho
- 1 warm sweater or sweatshirt

Emergency Medical Kit

- Band-Aids
- Rubbing alcohol
- Antacid/Anti-diarrhea medication
- Gauze/tape
- Pain relievers
- Tampons/Sanitary Pads
- Tweezers
- Finger nail clippers (pack in your checked luggage, NOT in carry-ons!)
- Prescriptions/copies of prescriptions
- Identity card with blood type

Money Must-Haves

- Credit card
- ATM/debit card
- Set up online accounts for access, payments and transfers
- Money belt to keep cash, plastic and/or passport while traveling
- Power of Attorney for parent or guardian

Miscellaneous Accessories

- Toothbrush
- Toothpaste
- Shampoo
- Deodorant
- Soap in plastic container
- Comb/brush
- 2 towels/washcloths
- Detergent (if you have allergies)
- Safety pins
- Sewing items
- Pocket knife (make sure to pack this in checked luggage)
- Small flashlight
- Camera
- Film
- Maps
- Alarm clock (Battery operated)
- Electrical converter
- Sunscreen/sun glasses
- Gifts for your roommate, host family, or classmates (something unique to your geographical area)
- Shaving cream/razors

* These packing suggestions vary significantly by location.