

## 1. BEFORE YOU GO

- Passport: Valid up to 6 months after departure from host country.
- Photo-copies: Passport, health insurance information, flight details, credit card, visa (where applicable) and make sure someone you trust has this information also.
- Call your credit card companies, bank/debit card and inform them you will be abroad.
- Exchange some money (\$100) in host country's currency (Euro for Ireland) prior to departure.
- Finalize academic requirements and finances with your home institution (where applicable).

## 2. PACKING: Health And Safety

- Bring prescriptions (birth control) and letters of support for controlled medications (insulin, narcotics) for the entire time you are abroad.
- Bring your existing health insurance and international health insurance cards.
- First aid kit for day and weekend travel.

## 3. PACKING: Clothing And Toiletries

- Bring layers of clothing for a variety of weather: Pants, sweaters, sweatshirts, tops, t-shirts and one or two business casual outfits (skirt, dress, slacks or suit).
- Waterproof and comfortable walking shoes/boots.
- Jacket, coat or waterproof rain coat.

## 4. PACKING: Electronics

- Converter and adapters for host country and any other country you plan to visit.
- Laptop, tablet and/or phone.
- USB cables, computer and phone charger.
- Camera and accessories.

## 5. PACKING: Other Stuff

- Umbrella
- Day or weekend bag/pack for short trips.
- Padlock/TSA approved luggage locks.
- Towel for weekend trips.

### ADDITIONAL TIPS:

- Carry medications with you on the plane (subject to airline packing restrictions) in case your checked luggage gets delayed.
- Pack in advance and weigh your luggage so it is not overweight and you avoid additional fees.
- Put heavier things into your carry-on baggage.
- If you forget anything, most items can be purchased in Ireland and broader Europe.
- There a number of low fare airlines, where you can travel throughout Europe; however, they have strict baggage policies, so please read these in detail.