

TRAVEL PREPARATION & PACKING

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Obtain as Appropriate and/or Pack

Accident & Health Insurance—bring this information.

Eyeglass prescription or extra contact lenses

Passport—photocopy of photo and info page. Keep separate.

Photos of yourself—passport size for ID purposes. Send one to US office.

Inoculations, physical and dental examinations—as needed.

ATM debit and/or credit card/s

Travelers Checks and/or Foreign Currency (Euros) enough for first day

Suggested Packing List

Pack sensibly, thinking “less is more.” Bring no more than you can carry comfortably by yourself up and down stairs.

In Siena, Fall temperatures range from the 80s at the start to the 40s or 50s at the end of the program. Winter temperatures will be lower, between 30° and 50°. Spring temperatures are, of course, pleasantly variable and summer temperatures are hot.

In Paris the weather is often quixotic and apparently unseasonable one way or the other. Fall can be both warm and crisp, late winter cold and damp, spring heavenly, and summer even hot. For more see www.bbc.co.uk/weather.

Know where your passport and money are at **all** times. Think in advance about what to do if you lost them. Keep itinerary, contact info for family, airline, travel agencies, health/trip insurance with you as well.

- Lightweight day/backpack
- Camera
- Address Book
- Swiss army knife—be sure it's packed in checked luggage
- Small sewing kit
- Money belt or passport pouch
- Telescoping umbrella
- Notebook to use as journal and pens
- Flashlight—small and bright
- Travel alarm clock, battery operated
- Vitamins/Prescription drugs—enough for entire time away
- Maps and travel books
- Language phrasebook/dictionary
- Photos of yourself and your family to share
- Postcards of, or books about, your home locale

Suggested Clothing List

- Warm jacket or coat—perhaps with zip-out lining for fall/spring sessions
- Rain jacket and hat or hooded poncho
- One nice outfit—dress or skirt for women, sport jacket and slacks for men
- Slacks, jeans, shorts—chosen for the season
- Casual skirt or two for women
- Pajamas and robe or nice sweats
- Slippers or flip flops—most floors are uncarpeted and bare feet offensive
- Warm sweaters—a couple depending on season
- One or two lightweight turtlenecks
- Shirts/blouses, nice T-shirts
- Sweatshirt or heavy fleece pullover—hooded
- Lots of underwear and socks—two weeks' worth
- Bathing suit

- Sturdy walking shoes, boots, dress shoes, or sandals—depending on season
- Sports clothing—appropriate to your sport
- A backpacker's towel—for weekend's away, or a lightweight towel or sarong for the beach

General Guidelines

Casual clothes are fine for everyday wear although European students tend to be somewhat more formal and stylish than Americans. Choose items that can be mixed and matched, worn casually or dressed up—practical, comfortable clothing that can be layered. Regular open markets and abundant shops offer anything you may have overlooked.