

District 5080 Outbound Student's Packing List

Key items to take on exchange, ideas for your packing list

Important Documents

Carry your important documents in a secure place and keep them with you. Put a copy of these documents in your checked luggage:

- Passport and visa
- Plane tickets
- Travel itinerary
- Health Insurance Card
- Contact information for your family
- Contact information for your host family
- Contact information for emergency contacts at Tzell Travel and Rotary
- Cash in local currency – no more than \$100
- Debit card
- Phone card
- First night questions in native and destination language
http://yeoresources.org/First_Night_Questions.htm
- Guarantee Form
- Travel Permission Form
- Host Country Rules of Exchange

Rotary friendship items:

Blazer and lots of pins from club, community, local businesses, tourism board, chamber, school
Business cards

Rotary club banner, from your sponsor club (get it when you attend a meeting prior to departure!)

Gifts for host family, other students in family

Cultural memorabilia for new friends, small packable, lightweight items

Presentation to host club (practice it prior to departure!)

Medical and health related items:

Extra glasses, contacts, prescription medications

Feminine products and basic toiletries

Mini Medical Kit:

- Antacid, Roloids or Tums
- Small package of Band-Aids
- Antibiotic ointment cream
- Diarrhea relief, Imodium
- Laxative, Ex-Lax
- Pain medication, Ibuprofen, Tylenol
- Cold medication, cold/sinus/flu
- Allergy medication, Benadryl
- Throat lozenges
- Mosquito repellent, sunscreen
- Chapstick

Electrical items:

The electrical system in your destination will probably be different. Determine local requirements and get adapters needed for the electronics you are taking with you. In some cases you may also need converters.

- Digital camera with extra battery, charger, big storage card, and a cord and/or card reader to transfer images to computer (and test it all before you depart!)
- Ipod or mp3 player loaded with music
- Laptop, netbook or ipad

Clothing and packing:

Clothing appropriate for location, packing carefully and do not overpack

Pack checked and carry-on bags to current airline and security requirements

Consider a toothbrush and other items in carry-on that would be needed in case of lost luggage

Label all bags with your destination address and phone contact information

Other items:

Language learning tools preferred, online, scanned, and/or on mp3

Destination country research, information

Favorite small packable items related to your favorite hobbies, pastimes, skills (cards, games)

Address book (electronic or not) for new friends' contact info

Security Information:

Observe all reasonable security practices while travelling, for yourself, your luggage and your belongings inside:

- Keep your carry-on with you at all times, do not let strangers carry for you
- Drink water, eat something healthy and walk around periodically on the long flight
- Place key documents (passport, money, Visa, etc) in a secured pouch, pocket or bag

Upon arrival, phone home immediately, so your parents know you arrived safely!

Wear your Rotary blazer on the flight and smile!

Further resources:

Tzell Travel FAQ's and Outbound Camp Presentation: <http://www.bokoffkaplan.com/Html/faq.aspx>
(the Outbound Camp presentation is on a link at the bottom of this page)

RI Guide for Exchange Students: <http://rotary5080ye.org/Docs/RI%20752en%20ExchStudGuide.pdf>

District 5080 webpage for Outbound Students: <http://rotary5080ye.org/outbound.html>

Contact with any questions or for further suggestions:

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