Packing list (Exchange students)

Your one-stop platform for Exchange / International Studies

**Clothing & Accessories**
- Comfortable wear / pajamas (for home)
- Casual / Smart-casual wear (for travel / hanging out)
- 1 set of formal wear (for presentations / interviews)
- Underwear (2 weeks’ worth)
- Jacket / sweater / hoodie
- Socks
- Slippers / sandals
- **Shoes**: sneakers / boots / formal shoes / sports shoes
- **Accessories**: belts, hairbands, necklaces, earrings etc.
- **Eye wear**: glasses / contact lenses / sunglasses (if needed)
- [Optional] Work-out wear
- [Optional] Outdoor adventure wear

**Toiletries**
- Shampoo & Conditioner
- Body soap
- Facial wash
- **Skincare products**: toner, moisturizer etc.
- Make-up & Remover
- Toothbrush, toothpaste & dental floss
- **Feminine products**
- **Razor and accompanying products**
- Hair gel / wax / spray
- Towels (bath & facial)
- Comb / brush
- Nail clippers
- Tissue / toilet paper (always better to be prepared!)
- Contact lenses solution (if needed)
- [Optional] Deodorant / Perfume

**Electronics & Hardware**
- Travel adaptors
- Laptop and charger
- Handphone and charger
- [Optional] MP3 player / iPod
- [Optional] Camera and charger
- [Optional] Thumbdrive / hard-disk

**Winter:**
- **Head**: ear mufflers / scarf
- **Hand**: gloves / mittens
- Thermal underwear
- Winter coat / windbreaker
- Lip balm
- Body lotion / moisturizer

**Summer:**
- Sunblock
- [Optional] Suntan lotion
- [Optional] Swim wear & Goggles

**Documents & Identification**
- Valid passport and VISA / other immigration paperwork requested by the host country
- Extra passport-sized photos
- Letter of Offer & other documents sent to you by the host university
- Letter of Exchange enrolment and other related documents provided by your home university
- Printed copy of purchased Travel Insurance (important to note policy number and emergency contact number)
- Photocopies of your Passport (identification page), Student Card & Identification Card (IC)
- Copy of your Medical records and immunization papers (if needed)
- [Optional] Identification Card (for people who do not wish to carry their passport around or as a safeguard in case you lose your passport and needs verification)
- [Optional] Driver’s license & International Driver’s Permit
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Consumption

☐ Prescribed medication (make sure you are allowed to bring it into the country and that you have the supporting documentation; either the prescription or a doctor’s note)
☐ Over-the-counter medicine (for flu, fever, diarrhea etc.)
☐ [Optional] Local food and dietary supplements (e.g. Vitamins)

Flying Chalks’ tips (esp. for budget airline travellers):

☐ Bring along an empty water bottle to fill up at the airport right before boarding your flight to avoid costly drink purchases
☐ Bring along some snacks in your carry-on baggage to munch on

Extras

☐ Wallet / purse
☐ Foreign currency
☐ Credit / debit card (keep a record of all the serial numbers in case of theft or loss, and know how to report for loss)
☐ Bags: for school / travel / hanging out
☐ Basic stationery and a notepad
☐ Plastic bags / Zip-lock bags
☐ [Optional] Bedding (bed sheets, pillow cases etc.)

Personal notes