

PACKING/ SHOPPING SUGGESTIONS FOR INTERNATIONAL STUDENTS



My Carry On

(check with your airline to make sure what you can carry on board)

- Passport with valid visa
- Airplane tickets
- Immigration document (I-20 or DS-2019)
- Money (a small amount of cash will be useful until you open a U.S bank account)
- Credit card/Debit card/Traveler's checks, if you use these
- A photocopy of your passport and an extra list of your traveler's check numbers (if you are using traveler's checks) – pack those in a separate place from your passport and traveler's checks, in case those are lost or stolen
- The contact number for the International Programs Office and Ithaca College
- Medicine and the prescription for it (if you take any)
- Your iPod or Mp3 player
- A photo camera
- A notebook and a pen
- Snacks for the trip

My Luggage

You may want to consider the following items:

- Umbrella or raincoat
- If you have them, bring summer and winter clothes and shoes (remember that the weather in Ithaca can get really hot during summer and really cold during winter)
- Personal toiletries
- Batteries-operated alarm clock
- Medical supplies (pain reliever, first aid for cuts, prescriptions for any medication you take regularly). Note: if you wear prescription glasses or contact lenses, it's a good idea to bring an extra pair and the prescription with you.

Additional packing tip:

in your carry-on, put a basic change of clothes, small amounts of essential toiletries, and several days' worth of any medicine you have to take regularly, so that you can use these in case your checked luggage is lost or delayed.

What do I leave at home?

For those students who will be living on campus, there are several items that you are NOT ALLOWED to have in your rooms, including: guns, fireworks, candles, incense, halogen lamps, hot plates, space heaters, and pets.

Airlines also have a list of items you are not allowed to put in your checked and carry-on baggage, so check with the airline about those restrictions.

Other items:

- Photos of family and friends and posters from home to hang on the walls of your new place
- Decorations for your room
- Traditional clothing representing your culture
- Small items from home to share with your new friends
- Backpack
- Sewing kit
- Movies or books from your country; a dictionary if you use one

Note:

Also you may want to lease a 'micro fridge', through HomerConnect or check with the office of Residence Life .

Reminder:

When buying or bringing electrical items, keep in mind that U.S. voltage is 110 and that the electrical outlets in the US are different than from those in other countries. Make sure that the electrical appliances you bring with you are compatible for use in the US. Plugs for US type outlets are available in local stores and can be used with dual voltage (120/240V or 50/60 Hz) appliances safely. Most laptops, mobile chargers, camera chargers, etc. from almost all brands come with dual voltage, that is, 120/240 V, and therefore usually only need the right plug. The better and safer option would be to buy the appliance from the US if possible.

And lastly: **do not stress!** Pack well and bring everything that you want to have from home, but know that if you forget something, you can get it here. There are malls and shops in Ithaca and you can also shop online – so you should be able to get what you need to be comfortable in college easily.

My shopping list

Things you may want to buy once you arrive to Ithaca:

- A computer, if you don't have one (before you buy, check www.ithaca.edu/computing/newstudents)
- Blanket, Sheets for a twin size (single) bed: no need to bring them from home, the Office of Residential Life will provide you a pillow, blanket, and sheets, but you may want to buy your own once you arrive in Ithaca
- Winter coat, rain boots and snow boots, hat, scarf, and gloves
- Calendar
- Pens, pencils, notebooks, stapler and other school supplies you might need
- Floor rug
- Bed spread/comforter
- Laundry bag
- Towel(s) and washcloth
- Kitchen supplies (silverware, can opener, plates)
- Cups/mugs
- Several food storage containers
- Hairdryer
- Electrical surge protector
- Cleaning supplies
- Lamp
- Coffee maker/ electric kettle
- TV
- Speakers for your iPod or computer.

Important Traveling Tips

- Check with the airlines regarding their luggage policy.
- Make sure you can carry your luggage for at least a half kilometer and up and down stairs. You may want to purchase a folding luggage trolley or "pullable" luggage.
- Check with the airline if you need to confirm your flight reservations before departure or if they have any other requirements you need to follow.
- Pack a carry-on travel bag with personal articles for use in case your luggage is delayed or temporarily lost during your journey. Put valuables and important documents in this bag and guard it carefully!
- Pack items that could leak, such as lotions, in plastic bags that are sealed well.
- Give your family a contact name and number, in case of emergency. It is Diana Dimitrova, Office of International Programs. Phone: +607-274-3306. E-mail: ddimitrova@ithaca.edu. They can also contact Campus Safety at +607-274-3333.