



# Office of International Education

## What to Pack for a Short-Term Trip

- One** checked bag (**medium size**) with wheels (**20" X 16"** and under 50 pounds)
- One** carry-on bag (21" X 15" X 9")
- Supply of any needed medication (prescription or over the counter – **these medicines MUST be in their original containers & packed in your carry on**)
- Toiletries (travel sized)
- Glasses/Contacts/Contact Solution
- Passport
- Notebook/pens (for journaling)
- Suitcase Lock (Do not lock case on airplane, only lock in hotel)
- ATM/Debit Card & Non-American Express credit card
- Molloy College ID Card
- Clothing
  - Comfortable walking shoes (a lot of walking)
  - Umbrella and rain coat
  - Wash Cloths (some foreign countries do not supply wash cloths)

### Optional Items:

- Converter and adapter
- Travel guide
- Sunscreen
- Extra empty bag (flat duffel, nylon)
- Battery powered travel alarm clock

### Money

- The best way to manage your money while traveling overseas is by carrying your ATM/Debit card (Visa or MasterCard) that way you may withdraw money directly from ATM machines while overseas. The banks will convert your American dollars by averaging the conversion rates of the month.
- Leave bank information with someone at home. If anything were to happen to your card or if you need money for an emergency it will be easier for someone who is home to help at your bank branch in NY.
- It is a good idea to scale down your wallet. Only bring your ID, insurance card, school ID, and credit/debit cards.
- You must check with your bank individually to make sure that your ATM/Debit card will work in the specific countries we are visiting. Also make sure you ask your bank if they charge conversion fees or any other fees for international transactions.

- If you have a credit card that you are planning on bring please request the 4-digit PIN number for emergency use of the card. Please Note: The pin must be requested prior to departure because they will not give you the number over the phone.
- It is a good idea to exchange 50 USD to foreign currency at your own bank prior to departure. The airport does have banking facilities but they do charge a conversion fee. There will not be time to exchange money upon arrival overseas. This will be useful upon arrival if you want to buy a soda, coffee, etc.

### **Packing**

- It is a good idea to bring comfortable clothing for your trip. Most days will consist of a lot of walking, bus travel, and museum visits. Because of this comfortable shoes are very important. Please do not wear sandals or flip flops on daily excursions.
- You may wish to bring some nicer clothes and a pair of dress shoes or sandals for dinnertime. Do not bring more than a couple of nice outfits you will not need them.
- Remember when packing you are responsible for carrying all your belongings to/from busses, hotels and airports. DO NOT bring anything you cannot carry yourself.

### **Electronics**

- We recommend that every student bring a cell phone on the trip. You can call your cell phone carrier and inquire about international cell phone access with your current phone. You can also purchase an international cell phone and SIM card before you depart through PicCell Wireless. You can contact PicCell at their toll free number: 1 (877) 235-5742.
- Today most electronic equipment only requires an adapter. Please check with your cellular phone carrier and the manufacturer of your camera or computer equipment.
- Most hotels have hairdryers and therefore, we advise not to bring one.
- You can find converters, adapters and extra fuses at Radio Shack, Bed Bath and Beyond, or similar stores.

Students are highly discouraged from wearing/bringing items of great value. Students wishing to wear jewelry or bring cameras or laptops do so at their own risk. International Education Coordinators and Molloy College are not responsible for any lost or stolen items.

### **Additional Traveling Tips**

- Small bag for personal items. Backpacks will have to be checked at all major museums, which will be time consuming. Women – use your carry-on bag as a purse, and pack a flat purse in your suitcase to use throughout the trip.
- Try not to eat out of the refrigerator in your hotel room. You will be amazed how quickly the cost of these items adds up, and you must pay for those items at checkout. If you need water or snacks, pick them up at a local convenience store and bring them back to the hotel.
- Sexual aggressiveness can be a reality for women while traveling. Please never venture out on your own, be sure to take a buddy as you explore the sites and restaurants. Please, never leave someone behind as your group goes on in search of new activities.
- Pickpockets are a reality of traveling anywhere. Always be aware of your surroundings, do not engage in conversation with strangers. Use a large safety pin to secure your pocket against pick pocketing.