

CLS Packing List

CLS Program staff have compiled a list of suggested items to take for the CLS summer based on feedback from past participants and input from local staff. Please note: the below is not a comprehensive list, rather a useful starting point.

When planning what to pack, you should also do some independent research on your host country, such as local weather. You might also consider reaching out to CLS Program alumni to ask for further advice on clothing and packing.

Clothing

Bring clothing items that can easily be mixed and matched with each other. This will allow you to pack fewer items while maintaining flexibility and variety. Remember that airlines maintain weight limits on checked luggage.

- Shoes: Many past participants have commented that they walked more during the CLS Program than they do in their daily lives in the U.S. Bring a pair of good walking shoes, preferably with water-resistant soles
- Socks and undergarments
- 3-4 country-appropriate tops/shirts
- 3-4 country-appropriate pants or skirts
- 1-2 sweaters or sweatshirts
- 1 pair of modest pajamas/loungewear
- 2-3 sets of country-appropriate workout clothes
- 1 jacket /raincoat
- 1 country-appropriate bathing suit and cover up
- 1 small, sturdy bag for weekend trips
- 1 light-weight scarf
- Hat
- Sunglasses
- You may want to pack a dressier outfit and shoes for more formal ceremonies and occasions in the host country

Medical

- A complete supply of all necessary prescription medications in its original packaging
- Copy of your prescriptions and a letter from your doctor explaining any prescription medications
- Contraceptives (including condoms)
- Digestive aids such as antacids, anti-diarrheal, laxatives
- Multivitamins, if you usually take them
- Cold and allergy relief medicine such as decongestants, cough suppressants, throat lozenges, antihistamines, nasal-spray, etc. (In general, if you favor particular brands of over the counter medications, you should pack those with you in the original packaging.)
- Band-Aids and antibiotic ointment
- Prescription glasses/reading glasses/contact lenses and contact lens solution
- Over-the-counter pain reliever or fever reducer (some U.S. brands not available)
- Hand sanitizer and wipes

Personal

- Deodorant/antiperspirant
- Toothpaste/toothbrush/floss
- Shaving supplies
- Sunscreen
- Insect repellent (50% DEET or higher)
- Tampons, sanitary pads, menstrual cup (these products can be more expensive or difficult to find overseas)
- Bath towel (if not provided by your host country accommodations)
- Travel-size umbrella

Electronics

- Adapter, converter, transformer (if needed)
- Camera, cables, memory cards, charger
- Travel size flashlight or headlamp
- Headphones

School Supplies

Many of these items can be purchased in your host city. However, they may be more expensive and/or difficult to find.

- Textbooks, if you were issued them by American Councils before departure
- Book bag/shoulder bag
- Small target language dictionary and/or phrasebook
- Pens/pencils and notebooks
- Journal
- Other study aids, such as index cards, highlighters

Identification & Finances

- Passport
- Driver's license or official state identification card (if you do not have alternate government ID, contact us)
- Photocopy of your passport
- Credit card
- ATM/Debit card
- Some cash
- Money belt or pouch, if desired
- Medical insurance card
- ASPE Medical Benefits card (provided at the pre-departure orientation)

Miscellaneous

- Up-to-date guidebook
- Small gifts for your host family/Language Partners/teachers
- A luggage lock, not only for the flight, but to secure any items you do not want anyone else to touch in your room (original passport, cash, or any other very personal items should be secured in your suitcase at home)
- Water bottle

- House slippers or shower sandals
- Zip-lock bags

Do Not Bring

- Pillows and Bed linens (these will be supplied by the CLS Program)
- Valuables that cannot be replaced if lost or stolen

Packing your Carry-On

- Passport, copy of the face page of your passport, and additional ID
- Keys
- ASPE card and emergency card (issued at pre-departure orientation)
- Copy of your itinerary
- Prescription medicine and prescription documents
- Personal financial items
- 1 full change of clothes, pajamas and hygiene items (This may help you feel more comfortable in the first few days on the program in the event that your luggage is lost by the airline.)
- Check airline restrictions on allowable liquid sizes and banned items

Final Packing Considerations

- Please pack light. One comment we have heard over and over from a vast number of past participants is that they wish they had packed lighter.
- Overseas travel can be hard on luggage. We recommend that you use tough and durable bags.
- Your CLS participant stipend includes modest funding to bring home books, music, movies, and other language materials that will aid your continued study. You will need room for these items.
- Your CLS participant stipend does not include funding for overweight bag fees at the beginning or end of the program; you may budget for this by spending less elsewhere, but remember that they can be very expensive. (An overweight or extra bag can cost over \$100).
- It is likely you will want to purchase at least some souvenirs. Consider the size and type of souvenirs you'd like to buy and remember that you will need room for them as well.