

CLS Packing List

CLS staff have compiled a list of suggested items to bring on the CLS Program based on feedback from alumni and local staff. Please note that the following is not a comprehensive list, but rather a useful starting point.

When planning what to pack, you should consider the physical environment and weather of your host city. You might consider reaching out to CLS Program alumni to ask for advice on clothing and packing.

Packing Your Carry-On

Carefully pack a carry on with the understanding that checked luggage may be delayed for several days in transit or permanently lost. Check airline restrictions on allowable liquid sizes and items that are prohibited in carry-ons.

- Identity documents (passport, printed copies of identity page and visa page of passport, personal ID card(s), personal medical insurance card)
- Travel documents (CLS travel itinerary, printed boarding passes)
- Money, debit cards, credit cards, etc.
- All medications and medication-related documentation
- CLS emergency wallet card, ASPE documents, and allergy card(s) (if applicable)
- Electronics and charging cables
- Basic toiletries
- At least one change of clothes and a set of pajamas
- Home/car keys
- Snack(s) for plane

Clothing

Bring clothing items that can easily be mixed and matched with each other and are easy to care for. This will allow you to pack fewer items while maintaining flexibility and variety.

- 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 and/or bandana
- Sunhat (broad-rimmed hats offer better protection from the sun)
- Sunglasses
- One dressier outfit and shoes for more formal ceremonies and occasions in the host city

Identification & Finances

- Passport
- Photocopies of the identity page and visa page of your passport

- Driver's license or official state identification card (if you do not have alternate government ID, contact CLS staff)
- ATM/debit card
- Credit card (if applicable)
- Some cash (bring new, crisp bills)
- Money belt or pouch, if desired
- Medical insurance card
- ASPE Medical Benefits card (sent to finalists prior to departure)
- CLS Emergency Wallet Card (sent to finalists prior to departure)
- CLS Allergy Card (if applicable)

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 and prophylaxes (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. (if you favor particular brands of over-the-counter medications, you should pack those with you in the original packaging)
- Band-Aids, antibiotic ointment, and burn gel (helpful for sunburns)
- Prescription glasses/reading glasses/contact lenses and a small bottle of contact lens solution
- Over-the-counter pain reliever or fever reducer (some U.S. brands are not available abroad)
- Rehydration salts
- Earplugs
- Hand sanitizer and wipes
- Face masks

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 CLS housing)
- Travel-size umbrella

Electronics

- Cell phone and charger
- Laptop and charger
- Adapter, converter, transformer (if needed)
- 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 they were issued to you by CLS staff 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 and highlighters

Miscellaneous

- Up-to-date guidebook
- Small gifts for your host family/roommate(s)/Language Partner(s)/teachers
- A luggage lock (not only for the flight, but to secure any items in your room; your original passport, cash, and any other very personal items should be secured in your suitcase in your CLS housing)
- Water bottle, reusable straw, and reusable spoon/fork
- 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

Final Packing Considerations

- Please pack light. One comment that past participants have often expressed 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 of your CLS language. You will need room for these items.
- Weigh and measure your bags before departure to make sure that they will meet airline weight and size limits. 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 bag fees can be expensive (an overweight or extra bag can cost over \$100). Remember to budget for bag fees on the return journey to the U.S. as well.
- It is likely you will want to purchase 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.