Suggestions for Packing (*Sample List*)

**Documents**
- Passport and other IDs
  - Pack a photocopy of these documents in a different location
- Tickets (airplane, trains, etc.)
- Address book
- Journal
- Guidebook
- Luggage ID tags
- Insurance card or documents
- Inventory list of all items (& value) you have packed (in case you need to file an insurance claim)
- Credit/debit cards

**Clothing**
*When packing, consider clothing norms and climate in Ireland in the fall.*
- Clothing that is easily hand-washed and drip-dried and appropriate for the climate (pants, shorts, long and short-sleeved shirts, pajamas, swimsuit)
- At least one nice outfit for going out on the town, special dinners, religious services, etc.
- Jacket, sweater, hat, gloves, scarf and other appropriate outerwear for the climate
- Raincoat, poncho and/or umbrella
- Sturdy, comfortable walking shoes
- Slippers and/or flip-flops
- Bathrobe

**Medicine/Toiletries**
- Prescription medication in its original container (accompanied by prescription), and enough to last the entire duration of your travel
- Over-the-counter medications for colds, upset stomachs and headaches (in original packaging)
- Prescription and supplies/solutions for contact lenses and glasses
- Small first-aid kit with Band-Aids, antibiotic ointment, pain killer, etc.
- Toiletry items (comb, brush, toothbrush, and travel size toothpaste, shampoo, soap, razors, sunscreen, feminine hygiene products, deodorant, cosmetics, insect repellent, hand sanitizer, etc. You can replenish these items shortly after arrival.)
- Caution: Liquids and lotions expand during flight and can leak or explode upon opening
- Pack leakable products in large Ziploc bags or other spill proof containers

**Miscellaneous**
*You may want to pack many of these items, depending on your interests and luggage allowance.*
- Camera and supplies (film, batteries, memory cards, USB cable) *remember to pack film in your carry-on to avoid exposure to x-ray machines.
- Wind-up or battery operated alarm clock
- Travel backpack for short excursions
- Enough Euros to support you for 2-3 days (equivalent to $250)
- Watch
- Re-usable water bottle
- Sunglasses
- Small flashlight
- Pictures of your family, friends, home, campus and city
- Laptop computer
- Unlocked cell phone that can use a GSM SIM card
- Portable USB drive/memory stick
- Entertainment- music, deck of cards, etc.
- Converter and adapter plugs for electrical appliances

This is what your electrical outlet will look like in Ireland.

<table>
<thead>
<tr>
<th>Ireland Electrical Outlet</th>
<th>230 V,50 Hz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type G</td>
<td>Electrical Outlet</td>
</tr>
</tbody>
</table>

*IMPORTANT NOTE ON TAKING VALUABLES WITH YOU: Our best advice is that you do NOT take expensive items with you while traveling as it may make you a target for thieves. If you do plan to take valuables with you abroad, i.e., camcorder, digital camera, laptop, iPod, jewelry, etc., plan to get additional insurance to cover loss or theft of your valuables while abroad. Contact your family’s homeowner’s insurance agent, or contact a travel agent regarding travel insurance that includes loss/theft of belongings.*