

Cal Poly Humboldt.

Suggested Packing List

	Documents		Toiletries & First Aid
	<i>Make sure you also have a copy of these documents, especially your passport!</i>		Prescription medications along with prescription documentation
	Passport w/ valid visa stamp		Feminine hygiene products
	I-20 or DS-2019		First aid kit/blister kit
	Copy of Admission Letter		Eyeglasses/contacts/saline solution
	Financial Documentation (as used to obtain your F1 or J-1 visa)		Vitamins
	Receipt for SEVIS fee payment		Toothbrush & toothpaste
	Travel Information (tickets, flight schedule, etc.)		Shampoo
	On-site contact information (telephone numbers, address)		Sewing kit
	Medication and/or contacts with prescription documents, if applicable		
	Proof of vaccinations		
	Travel / Carry-on Accessories		Clothing
	Cell Phone, chargers, ear buds/headphones		Undergarments & Socks
	\$100 cash for emergency money and/or credit card		Pajamas and other sleepwear
	Change of clothes in case of emergency and/or lost luggage		Clothes/Outfits: Clothing you can layer, lounge in, workout, dress-up, formal/casual, etc.
	Eyeglasses/contacts/medications		Sweaters/Hoodies
	Reusable water bottle		Winter (warm) and Rain Jackets
	Eye mask, ear plugs, travel pillow, sleep aids (for overnight flights)		Shoes: Comfortable walking shoes, sandals, trainers, etc.
	Snacks/Food		MISC: Swimsuit, Hat
	Travel toothbrush		Linens & other items that could be purchased in U.S. after arrival
	hand sanitizer		Depending on your luggage space, you may choose to pack linens or purchase them upon arrival. If you have secured accommodation (dorms or off-campus) you can order linens online and have them shipped to your new U.S. address:
	SIM card or international travel plan, or app-based way to stay connected with family (ex: WhatsApp)		
	Power adapters: 110 volt adapters for North America		Bed sheets – confirm bed size if staying in dorms.
	MISC. Personal Items		Lightweight blanket
	Sentimental Items: Pictures/comfort items from home		Pillow
	Favorite non-perishable food/snacks from home		Towels
	Contacts of family and friends		Laundry supplies
	Traditional clothing for cultural events		School supplies
	Umbrella		
	Laptop/tablet/calculator		
	Backpack		