

## In-Flight Essentials

Anti-Bacterial Wipes (to wipe of the seating area, arm rest)

An empty water bottle (you can have the flight crew fill it up with water for you)

A shawl/blanket (even though for longer flights, one is provided)

Compression Socks

Ear Plugs or Noise Cancelling Head Phones

Travelling Pillow

Eye Mask

Sanitizer

Baby Wipes (for any emergency or cleaning needs)

Music on your phone

Comfortable Headphones

A book

Face Moisturizer (to ensure your skin stays hydrated. Airplanes have very dry recycled air and you might not feel it at the time, but it can certainly ruin the skin so ensure that you moisturize well, men & women!)

Hand Moisturizer (again for hydration purposes, there is nothing like the feeling of dried skin on the hands getting caught in blankets or shawls)

Snacks (sweet & salty)

Medicine for motion sickness

Chewing Gum

A Pen

A Booklight

## In your carry-on bag

### Documents:

Copy of your birth certificate

Copy of your National Identity card

Emergency contact list (email a copy of this to yourself, your family and your host - keep one printed copy for yourself)

Health insurance card

Vaccination Cards

Passport

Copy of the Passport

Travel itinerary

Copies of the Itinerary

Travel tickets

Copy of the Tickers

Boarding Pass

DS-2019 for J-1 Visa Holders

Proof of Sevis Fee Payment

NOC for Government Employees

Travel Wallet

- *It is easier if you invest in a travel wallet especially one that has a zipped closure. From personal experience, I can tell you that a travel wallet will be your ideal and safe travel companion and will ensure that you are not going on a treasure hunt every single time you have to present a document at an airport counter or at some other place.*

Cell phone and charger

Cash (bring American dollars, the currency of your host location or money you can exchange for it—enough to use in case of an emergency, but not more money than you can afford to lose)

Credit card (notify your bank that you'll be abroad before you leave to avoid your account being frozen)

Debit card (notify the bank that you will be using international ATMs)

Deodorant

E-reader or book

Prescription medication(s) you usually take (make sure you bring enough refills to last your entire trip—but future prescriptions can go in your checked luggage)

2 Spare outfits (in case your luggage gets lost or delayed)

Wallet

Sun-glasses

## Toiletries/Makeup/Skincare

Keep these in a plastic bag at the top of your checked suitcase.

Tip: To save room in your suitcase, buy standard items such as shampoo, conditioner and body wash in your host country.

Acne medication/cream

Face lotion/moisturizer

Makeup

Mini shampoo & conditioner (until you get the chance to get full-sized bottles in your new country)

Mouthwash (small)

Soap (mini bottle if you're using a body wash)

Toothbrush

Toothpaste

Cotton Swabs

Cotton Rounds

Makeup Removers

Nail Polish Removers

Nail Polish

Hair Oil (if you use any)

- *It is a general recommendation that you should carry all these items in small portable tubes and bottles. All hair care and skin care products are readily available in the US markets and these small containers of essential items are only so that you do not have to worry about shopping for the initial week or two of your residence.*

## Miscellaneous Supplies

Bobby pins

Comb

Contacts, solution and case (again, make sure you have all the contacts you'll need for your time abroad)

Glasses and glasses case

Back-up Glasses (go to your nearest optician, purchase an economical glasses frame and have them fitted according to your eye sight so that you have backup pair in case the main one breaks or is lost)

Hair ties

Hairbrush

Headbands

Nail clipper

Razor(s)

Sunscreen

## Personal Hygiene Items

Tweezers

Hair Straightener

Hair Dryer

Curling Rod

## Accessories

Bangles/Bracelets

Rings

Necklaces

Jewellery Organizer Box

Headbands

Head Scarves

## Laundry

Laundry Bag (cloth Metro Bags are ideal)

Downy Wrinkle Release spray (available at Al-Fatah outlets)

Towels (1-2)

Portable stain remover pen

Travel bag (optional)

Bed Sheets (1 Set to ensure you do not have to sleep on pre-used hotel/hostel linen)

Pillow Covers (1 Set to ensure you have a pleasant experience - till the time you buy new ones)

## Kitchen/Food

Cup Noodles (for the initial few days) Necklaces

Joshanda (some sachets if it is something you like)

Lipton Teabags

Everyday Milk (powdered tea whitener - known to be unavailable in the US)

Any Spices that you really like

A set of Spoon, Fork and Knife (just to get you through the initial days)

A Small Pan

A Mug (preferable plastic)

A couple of dinner plates (preferably plastic)

A Tea Strainer (optional)

A Hot Water Kettle

Snacks

Nimko (optional)

A Flat Pan (tava) and a Rolling Pin (bailan) - *if you absolutely cannot survive without roti for the first few days.*

*\* I would recommend not taking a lot of cutlery, pots and pans. Reason being that you can find very reasonable kitchen ware sets from Amazon delivered directly to your place of residence once you are settled in. Explore such sets on the link here and decide if you want to burden yourself with this excess luggage or not.*

## Clothing

### Daily Wear For Men:

T-Shirts (5-6)

Long Sleeved Shirts (1-3)

Jeans (2-3)

Dress Shirts (4-5)

Dress Pants (2-3)

Casual Trousers (2-4)

Jacket (1-2)

Sweaters/Jumpers (1-2)

Quarter Pants/Shorts (2-3 depending on the weather conditions)

Comfy Clothes (remember to bring whatever you are comfortable in)

Shalwar Kameez (2 pairs)

**Daily Wear For Women:**

T-Shirts (optional)

Long Sleeved Shirts (1-3)

Jeans (2-3, optional)

Shirts dresses (4-5)

Dress Pants (2-3)

Casual Trousers (2-4)

Jacket (1-2)

Sweaters/Jumpers (1-2)

Long Skirts

Comfy Clothes (remember to bring whatever you are comfortable in)

Shalwar Kameez (2 pairs)

Shawl/Mufflers (1 or 2)

Fancy Dresses (traditional 3-4, for events)

**Activity Wear:**

Workout Clothes

Bathing suits (1-2)

**Weather Wear:**

Boots (1-2)

Down Jacket (preferably to be bought from the US)

Hat (1-2)

Gloves

Raincoat

Rain Boots

**Personal Clothing Wear:**

Undergarments

Boxers

Tank tops

Night Suits

Leggings/Jeggings

**Shoes:**

Socks (4-5)

Flats (1) (in-house walking)

Flip-flops (1) (beach)

Heels (1-2) (party wear)

Joggers/Sneakers

Walking Shoes

Mid-heeled pumps (official wear)

## Electronics

Remember that most of your electronic items will need an outlet converter in order to work!

Camera (remember your case and USB cords)

Cell phone (keep in mind that you'll be able to buy an international phone or SIM card when you arrive at your destination)

Primary Chargers (laptop, phone, camera, e-reader, etc.)

Portable Charger

Flash drive

iPod

Laptop

Laptop case

Outlet adapters (2-3)

USB cable

USB Hub

Headphones

Noise Cancelling Headphones

Extension Cords (1-2)

Ethernet Cable (to attach your laptop to WANs for internet access)

HDMI Cable

A Portable Webcam (so you can Skype with your family)

Any extra bourgeois tech accessory you want to take along :D

## Medical

Adhesive bandages  
Allergy medicine  
Cold and flu medicine  
Eye drops  
Motion sickness medicine  
Over-the-counter pain medicine  
Vitamins  
Vic Balm  
Wintogeno Balm (I use it for migraines)  
A Hot Water Bottle

## Entertainment

A Pack of Cards  
A Couple of Board Games (optional)  
A Sudoku Book  
An Adult Coloring Book  
A Novel  
Your Journal  
Uno

## Books/Stationery

Pens (2)

Pencils (2)

Book Light

A notebook

A Planner ( I would recommend buying this in the US)

## Gifts:

Gifts for the women you have been corresponding with; gifts can include:

- Traditional Embroidered Throws
- Embroidered Runners
- Embroidered Pillow Cases
- Embroidered Bags/Purses

Gifts for the Men you have been corresponding with; gifts can include:

- Decoration Pieces
- Wooden Chess

## Décor Items:

A Couple of Pictures Frames

A Throw

A Light Wall Hanging

Cushion Covers

## Sentimental Value Pieces:

Pictures of Family

Pictures of Friends

Maybe a picture of your pet/s

Any other sentimental item such as a photo album

- *These items are important simply because getting a little home sick in a foreign land is but natural. You should ensure to carry some things with you that you can scatter in your living space and that will provide comfort to you.*

## Emergency Supply Items:

Swiss Army Knife

A portable Torch

A can of pepper spray

Map

Language Dictionary

Travel Guide

Portable Umbrella

A Back Pack