

What to pack- or not pack-when you come to the United States

Before anything else, check your baggage weight allowance. Contact your airline. Bring only things that are hard to find or expensive in the US. You can ask the IOLs (international orientation leaders) for their advice. We will have shopping trips to Walmart, etc. during international orientation.

- Recipes of your country's traditional dishes
- Herbs, and spices clearly labeled
- Small flag of your country to put on your desk
- Don't pack any kind of meat, either dried or fresh; it'll probably be confiscated; check this website to see what you can and cannot bring in:
<https://www.cbp.gov/travel/international-visitors/agricultural-items>
- Cheap, easy-to-carry souvenirs. Photos that remind you of home.
- Don't pack a large amount of everyday items (e.g. toothpaste). You can buy that when you get here.
- Your prescription medicine, the prescriptions, extra pair of glasses if you wear them.
- Shower slippers (but you could buy these when you get here)
- You'll be able to buy inexpensive sheets, blankets, etc. when you get here.
- Remember that the electricity here is at 110 Volts, so you should not bring anything that will not run at that voltage. Or bring an adapter.
- Traditional clothing to wear at Pan World or other events
- Do not bring too many clothes; you can get some here if you need them

We recommend packing a carry-on bag with a change of clothes, toothbrush/toothpaste, snacks, any required medication (in its original container) and other items that you may need in your first few days in the United States. In some cases, lost luggage can take a few days to recover, so keep this in mind if there are things that you will need immediately. Also, remember to carry your important immigration documents in your carry-on luggage.