Recommended Packing List

*Please note that these are suggestions only. Most of these items can be purchased in the U.S., so please do not worry if you cannot find them in your country. We recommend that you do an internet search to check if items can be purchased at the Wal-Mart store in Kirksville. You can also check prices online.

Clothes:
- 1 winter coat (Preferably down jackets, they may be expensive in U.S.)
- 1 light jacket/cardigan
- Gloves and a winter scarf
- Several pairs of warm socks
- At least 1 professional suit (can cost 100s of dollars in U.S.)
- Rain boots/Snow boots (but they may be heavy so you can buy in the U.S.)
- Extra change of clothes and hand towel in hand luggage in case of a flight delay

Personal items:
- Any specific/name-brand products used regularly that is specific to your country.
- A small stuffed animal/something of emotional significance (you will miss it)
- Printed photos of family, friends, etc.
- A set of traditional clothes (if any) and small items from home country

Foods/Snacks:
- Home spices and comfort food (but check the government website for restrictions on food items you can bring to the U.S.)
  - Meats and liquid items are not allowed and you will be asked to throw them away at Customs in the airport.

Medical:
- A second pair of prescription glasses or several pairs of contact lenses (very expensive in U.S. and vision not covered by insurance)
  - We recommend having an eye exam before coming to the U.S. if you have any doubts about your vision. Vision tests are not covered by insurance and are very expensive.
- Medicated lip balm (temperature changes can sometimes cause excessive irritation)
- Prescription medication (if any)
- Medicine in case of illness during trip

Electronics:
- Make sure phone from home country will work here (if any)
- Travel converter (may be needed before you have a chance to buy in U.S.)
- Laptop better to be bought in the U.S. (makes repair and maintenance easier)