

## Successful Packing for LSU in Ireland

Packing is important; really important. Nothing is worse than trying to remain vertical while balancing a pack that is twice your body weight or trying to maneuver an oversized suitcase onto a bus that will require you to lift, turn, and shimmy down the aisle while people glare at you for hitting them with your enormous bag.



Here are some tips to keep your packing and luggage free from causing physical and emotional stress.

### How to Pack

- ✓ **Start Now.** Do not wait until the day before to pack. There is a lot to get, and you have to practice your pack a few times to make sure it is workable.
- ✓ **Make a list.** Always pack from a list so you don't forget anything crucial. Give Mom or Dad a copy. That way, if your luggage is lost or stolen, you have something to report to the insurance company or police.
- ✓ **Waterproof your luggage and shoes.**
- ✓ **Pack Lightly.** Lay out only what you absolutely need and then take half the clothes and twice the money. Put your clothes in your bag and carry it around the block. If you can't carry it easily, you've over-packed. Remember, no one is going to carry it for you. Weight your suitcase at home before you get to the airport so as not to have a surprise when you get there.

-“It may seem like packing light isn't an option, but you should **MAKE** it a **PRIORITY!** Nothing is more annoying than lugging around two suitcases through train stations and cobblestone streets.” – suggestion from a returning student from last summer, a sentiment mirrored by every returning student.

- ✓ **Leave room for the stuff you will buy in Ireland.** If your bag is stuffed and things have to be put in exactly the right spot in order to close, you've over-packed. Your bag is like a map, it never refolds the same way twice.
- ✓ **Learn to roll.** Rolling is a huge space saver and (supposedly) helps cut down on wrinkles.
- ✓ **Bring some clothing items that at the end of the trip you might be willing to throw away if you need to make room for gifts or souvenirs on your return flight.**
- ✓ **Pack your carry-on with your must have toiletries and a change of clothing just in case there is a delay with your luggage.**

## Luggage

Always be aware of the luggage weight restrictions on your airline(s). Also, remember that international flights allow heavier bags than domestic flights. If you will be traveling at the end of your program, you won't be allowed as much luggage as you will on a trans-Atlantic flight. Don't forget also that trains do not have as much luggage storage space as planes. When you're moving around from one site to another by train, a huge suitcase will quickly become not only an inconvenience, but a prime target for theft.

You want your suitcase to be small enough that you can tote it around easily, but you also want to have a little room for souvenirs you'll pick up in Ireland. You'll also want to have a daypack (a small backpack or courier bag). It will keep your class materials and, on excursions, it will hold your camera, water, food, etc.

## What to Pack

### Sample Packing List (LSU in Ireland)

- ❖ 3 pairs of pants (one or two pairs of jeans and one or two pairs of khakis or dark slacks)
- ❖ 5 tops/shirts (two shirts, three t-shirts)
- ❖ (Think about dressing in layers because it can go from warm to cold quickly)
- ❖ 2 nice outfits you can mix-n-match
- ❖ 1 sweater or light coat (waterproof preferably)
- ❖ 5 pairs of socks and underwear, bras
- ❖ 1 pair of comfortable waterproof walking shoes (not flip flops!)
- ❖ 1 pair of dress shoes
- ❖ 1 pair of pajama-like shorts (long enough to be decent, light enough to sleep in comfortably)



### Toiletries & Health Related Items

For toiletries, just bring travel sizes that will get you through the first couple of days. You can always buy more when you get there, and the travel sizes won't take up as much room. Plus, once you're in Ireland, you may find that you and your roommate can share a bottle of shampoo, rather than both of you bringing full-size bottles along. Remember: any liquids/gels in your carry on must be 3oz or smaller and inside of a ziplock sized clear bag!



- ❖ Toothbrush, toothpaste, and dental floss
- ❖ Shampoo
- ❖ Deodorant
- ❖ Soap in plastic container
- ❖ Comb/brush and if needed hair ties and barrettes
- ❖ Towel/washcloth
- ❖ Nail clippers and Tweezers (remember: don't carry these in your carry-on)
- ❖ Shaving materials (no razors in carry on)

- ❖ Feminine hygiene products
- ❖ Band-Aids
- ❖ Aspirin, Anti-diarrhea, and Dramamine medicine
- ❖ Other medicines-in original containers, with a copy of prescription (Nothing will slow you down in airport security faster than a bag full of unidentified pills)

### Necessities

- ❖ Documents and I.D.'s- Passport, Airplane tickets, insurance card
- ❖ Copies of all documents and the address and phone number of the hotel. Don't carry the copy in the same place as the original. Carrying both in your carry-on luggage won't help you if it's your carry-on that's damaged or stolen. (Be sure to leave a copy of these at home as well)
- ❖ Money- ATM cards, credit cards and/or cash. Traveler's checks are increasingly difficult to cash in, and you don't get a very good exchange rate. Cash can be lost or stolen easily, so you want most of your money on your debit/credit card, so that it can be cancelled and replaced if lost or stolen. Don't forget to call your bank before you leave and tell them you're traveling internationally, so they don't cancel your card!
- ❖ Phone cards can be purchased abroad at competitive rates, or you can buy a cheap cell phone once you get there. Your cell phone from the US either (1) won't work internationally or (2) will cost you a small fortune to use in Ireland. If you bring a laptop with you, internet phone services such as SKYPE are an economical option for calling home.
- ❖ Voltage converter AND plug adapter, if you are bringing any appliances. Most major appliances, such as laptops, don't need the voltage converter. Smaller appliances will, though. If you plug in a small appliance (like a hair dryer) without the voltage converter, expect it to catch fire and the fire alarm to go off. Everyone at the hotel will love you for that, by the way. *Everything* you plug in will need a plug adaptor, because the plugs in England are different from the plugs in the US. The easiest thing to do is to buy cheap appliances while you're in Ireland, rather than lugging around several appliances from home.
- ❖ Textbooks, notebooks, pens, and any/all class supplies



### Useful Items

- ❖ Water bottle that doesn't leak
- ❖ Ipod
- ❖ Laptop and an extra memory device (travel USB or external hard drive)
- ❖ Camera, extra batteries or charger, and memory cards.
- ❖ Wristwatch
- ❖ Journal
- ❖ Earplugs
- ❖ Plastic bags for maps, books, journals, and anything else you want to keep dry or separated from your dirty laundry
- ❖ Travel alarm clock (remember: if your cell phone doesn't work internationally, you can't rely on it as an alarm, either)
- ❖ Umbrella



- ❖ Scarves are a quick and easy way to make the outfit you wore yesterday look completely different; rather than bringing more outfits, bring a couple of scarves!

#### Odds & Ends

- ❖ Sewing kit, safety pins
- ❖ Sunglasses
- ❖ Change purse (a bunch of Euros in your pocket can get very heavy and can easily fall out)
- ❖ Extra pair of prescription glasses or contacts. At the very least, the prescription itself.