Preparing to pack for your voyage may seem like a daunting task, but words to live by are: lay out everything that you think you need, put back half, and then pack what’s left. The bottom line: come prepared, but travel lightly. Your belongings (including the luggage itself) are stored in your cabin so we recommend using soft-sided luggage on wheels.

**Baggage Limit:** 2 checked bags, 1 carry-on luggage (such as a small duffel bag), 1 personal item (such as a backpack)

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### CLOTHING/ACCESSORIES
- Undergarments (underwear, socks, undershirts)
- Appropriate clothing for field classes
- Shorts/Jeans/khakis
- Skirt (long) recommended
- T-shirts (not too many – you’ll buy more)
- Sweater/hoodie
- Jacket (light/medium)
- Rain gear
- Comfortable shoes (sneakers/sandals)
- Sunglasses
- Watch
- Hat(s)/visor(s)/headscarf
- Swimwear
- Formal wear for the Alumni Ball

### ELECTRONICS & EDUCATIONAL SUPPLIES
- Travel alarm clock
- Camera (with extra memory cards/batteries)
- USB drive/external hard drive
- Travel plug adaptor and/or converter (our ship has European outlets)
- Portable music player & headphones
- Small flashlight and batteries
- Selfie stick, GoPro
- Laptop (bring an additional battery/charger)
- Install and recovery programs for all software and operating systems on your laptop
- Pens, pencils (some tests are via Scantron), notebooks, sticky notes, journal, etc.
- Clipboard, lap desk (many classrooms don’t have desks)

### TOILETRIES
- Shampoo/conditioner
- Toothbrush(es), toothpaste, floss, mouthwash
- Deodorant
- Body wash/face wash
- Scrub sponge
- Combi/brush
- Hair products
- Contact lens and/or prescription eyeglasses
- Gender specific toiletries
- Travel-sized toiletries for in-country travel
- Razor(s), shaving cream/gel (non-aerosol)

### MEDICAL/HEALTH SUPPLIES
- Prescription medications for the entire voyage (ex. Epinephrine for severe allergies - SAS does not provide EpiPens, Malaria prophylaxis, Travelers diarrhea, etc.)
- Non-prescription medications you’ve used in the last 6 months (ex: Tylenol, Motrin, Common Cold, etc.)
- Sleep aids (ex. Tylenol PM, Benadryl, ear plugs)
- Allergy medication (ex: Benadryl)
- Seasickness/nausea aids (ex: ginger candies, Dramamine/meclizine, Scopolamine patches)
- Diarrhea Medication (ex: Pepto-Bismol, etc.)
- Hand sanitizer/wet wipes
- Sun exposure prevention (sunscreen SPF 15 or higher, sunglasses, hats, long lightweight clothing)
- Insect Repellent - No aerosol cans! (EPA-registered, at least 20% DEET)
- Small personal first-aid kit

### MISCELLANEOUS/TIPS FROM ALUMNI!
- Credit/debit cards - notify the bank/financial institution of your itinerary
- Cash - supply of $1 bills is always convenient
- Money belt
- Thermos/travel mug with lid/water bottle
- Laundry bag & travel size detergent – to wash smaller items in your bathroom sink
- Beach towel – bath towels are provided, but cannot be taken out of the cabin!
- Sleeping bag - not required, but if you want yours, bring it
- Overnight backpack and/or daypack – useful for traveling in port
- Small items for people you meet along the way (hometown postcards, stickers, coloring books, lapel pins, pencils, pens with your college/university name etc.) – always ask permission before giving gifts to children
- Business cards for networking – a way to exchange information with shipmates & in port
- Musical instruments – guitars & small instruments are allowed, but must be stored in your cabin
- Quart-sized plastic bag to store carry-on liquids and gels for air travel
- Open mind, open heart, and a smile!

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This list is a suggestion only and is not exhaustive. Please use your personal judgment and best discretion when packing.

Visit our website for more suggestions: [www.semesteratsea.org/life-at-sea/packing-prohibited-items](http://www.semesteratsea.org/life-at-sea/packing-prohibited-items)