

Packing List¹

Work Clothes | Casual Clothes | Equipment for Internship | Equipment for Yourself

Clothing:

- Facemasks
- Work clothes
- Casual clothes
- One evening outfit
- Rain jacket/poncho
- Bathing suit
- Sleepwear
- Underwear/Bras/Socks⁺
- One warm pullover or sweatshirt[#]
- Work shoes
- Walking/athletic shoes
- Flip flops
- Hat

Toiletries:

- Toothpaste, toothbrush, floss⁺
- Comb/brush
- Deodorant^{*}
- Razor
- Soap⁺
- Shampoo/conditioner/lotion^{*}
- Sunscreen⁺
- Anti-diarrheal medicine⁺
- Nail clippers
- Wet wipes
- Feminine hygiene^{*}
- Small first aid kit[#]
- Personal medication^{+#}
- Ibuprofen/Acetaminophen[#]
- Cold/cough/flu medicines
- Towel

Daily Needs:

- COVID-19 vaccination card
- Thermometer
- Daypack big enough for a day trip^{+#}
- Water bottle^{+#}
- Snacks^{+#}
- Watch/alarm clock (something that reads time)[#]
- Headphones/Portable entertainment device[#]
- Phone[#]
- Disinfectant wipes
- Hand sanitizer (min. 60% alcohol)

Internship/Field equipment:

- Notebook⁺
- Pens and/or pencils⁺
- Digital camera[#]
- Flash drives[#]
- Laptop/Tablet[#]
- Portable charger for electronics[#]
- Converter for electronics[#]

Flight/travel aids:

- Neck pillow[#]
- Portable charger for electronics[#]
- Book[#]
- Cash vs ATM[#]
- Travel money belt[#]
- Passport[#]
- Boundary object
- Ear plugs

Mobile Apps

- CDC TravWell
- Google translate
- Google maps
- Oanda currency converter
- Units converter
- WhatsApp

+ Essential/Mandatory

* To save space, can be purchased locally

Have on hand during flight/day trips

Additional list for anyone doing fieldwork

Recommended:

Backpack as carry on

- *See above: Flight/travel aids and items marked with #*
- Passport
- Credit card and cash
- Change of clothes
- Laptop, phone, electronics, chargers
- Water bottle
- Glasses/sunglasses
- Printed travel itinerary

Suitcase as check-in baggage

- Remaining items

¹ Adapted from Purdue University Study Abroad Program information

Clothing: The weather can vary greatly throughout the South Caucasus. The temperature can be hot and humid during the day, cool and breezy at night, with summer rain squalls. Layering is essential.

Here are some things to bring:

- Work clothes – business casual clothes to wear in the office for the internship. Participants interning in programs with fieldwork should check the documents for fieldwork clothing and supplies.
- Casual clothes – modest clothing to wear around after work hours. Clothes should not be too revealing for men or women.
- One evening outfit – for final dinner, or in the event you are invited to a formal event.
- Rain jacket/poncho
- Sleepwear
- Underwear/Bras/Socks⁺
- One warm pullover or sweatshirt
- Work shoes – business casual. You may be walking longer distances that you are used to to get to your worksite.
- Walking/athletic shoes
- Flip flops
- Hat

Toiletry articles: toothpaste, toothbrush, dental floss, comb/brush, razor, deodorant, soap, shampoo/conditioner/lotion, sunscreen, nail clippers, lip balm, talcum powder, wet wipes, feminine hygiene, towel (one large, one small, as needed).

- If you forget any toiletries, or run out, you will be able to purchase more in the South Caucasus. Your favorite brands might not be available.
- For those who sweat easily, talcum powder applied in the morning applied to preferred areas can go a long way to wipe up sweat. It's also great to apply to oily stains on clothes to soak up the oil before laundering.
- At some locations, toilet paper should not be flushed down the toilet, but the wastebasket should be used. The coarse toilet paper should never be flushed.
- Feminine Hygiene: menstrual cups, applicator-less, and ziplocks for packing out are options. Feminine hygiene products should never be flushed, even if the package says the product may be flushed. Talk with us if you have questions.

Small first aid kit: Good to have a first aid kit handy for minor daily needs as well as pain medications (e.g. ibuprofen, acetaminophen, naproxen sodium), anti-diarrheal medicines, and cold/cough/flu medicines. Personal medications are a must; keep in mind that you may want to ask your physician and/or insurance company for a 60-day travel supply. A swiss army knife and ducttape are also good to have on hand as well as moleskin for blisters.

- Anti-diarrheal medicines, pain medicines, and cold/cough/flu medicines are essential and should be bought prior to traveling. These can be bought in-country, but the labeling might be in Russian, and the cost will likely be much higher than in the US.
- Medication: personal medication, pain medicines, cold/cough/flu medicines

Zipper-top bags: Freezer-size zipper-top bags are great to keep clothing folded and toiletries isolated (in case of leaks). Good to have extra zipper-top baggies on hand, as well as trash bags as laundry bags.

Flight: You will spend many hours traveling to and from the South Caucasus. It's best to have a backpack with you that has essential items. Check the airline's carry on policy for what you can and cannot have in your carry on. Be sure to check their policies on the weight of carry on and checked-in bags, and do not exceed those weight limitations. For your carry on, consider what you absolutely need in the event your luggage is lost along the way.

- Have all your electronics in your backpack, as well as chargers. Electronics with batteries often cannot be included in checked-in suitcases.
- Have all necessary personal medications, medical equipment and supplies that cannot be lost, including but not limited to mouth guards, blood glucose monitors, applicators, etc. These will not be easy to refill in-country and international shipments take at least a week.
- Always have a sweater and socks as flights may feel cold, especially as you fall asleep.
- Ear plugs can be helpful if you are a light sleeper or if you have trouble sleeping with all of the new noises around you. Some international flights might provide these.
- Carry your passport and cash on you. A travel belt that is worn beneath clothing is a good option for extra cash. Neck pouches are not optimal.
- Because travel is very lengthy, you will likely fall asleep at some point. A neck pillow is great to have to keep your head from bobbing around.
- Be sure to drink plenty of water on flight. Air travel is dehydrating. Bring a few snacks in case.
- It's a good idea to have a change of clothes, just in case.

Misc. items: Water bottles, book(s), boundary object, lock (combination or key, watch/alarm clock

- Water bottles should hold 1-2L
- A boundary object is something that makes you happy and gives you comfort (e.g. a particular food item, a teddy bear)
- Gifts: you may be introduced to some people with whom you will be building a work relationship. It is not uncommon to give small gifts either at the start or end of your internship. Consider objects that won't take up much space in your suitcase and that has your college/university logo on it.

Work equipment: Laptop, notebooks, pens, pencils, digital camera (optional), flash drives, extra chargers.

- Your travel will take you through different parts of the world, each with its own adapter for electrical outlets: US, Europe, and the SC. Additionally, U.S. and Canada run on 110/125V while many other countries use 220/240V. You will at minimum need an adapter and possibly a converter.