

Bring with you from your home country:

- **Photos** of family and friends
- **Phone numbers, addresses, and email addresses** of parents, family doctors, church members, friends, and other relatives
- **Personal identifications.** Including all visa, passport and immigration information
- **Extra pair of glasses or necessary prescription medication.** And extra copies of your prescriptions. These will probably be cheaper if purchased from your home country.
- **Parents' emergency contact information**
- **A healthy body.** Get an overall physical examination and dental examination before you leave. Bring a list of all of your allergies
- **Music players.** Just be sure that chargers are compatible with US outlets and power plugs.
- **Warm weather clothing.** Including a good pair of all-purpose shoes and bathing suit for the beach. You can purchase warmer winter clothing once you get here.
- **Basic toiletries.** Toothbrush, toothpaste, comb, shampoo, etc.
- **Mementos to decorate your room** and ethnic and cultural clothing for international celebrations.
- **Cooking spices from home.** Whatever will be allowed through customs, visit www.aphis.usda.gov/travel/ for further information on what is allowed through customs.
- **All medical records and proof of medical insurance** including dental and immunization records
- **Bedding.** Our dorms have extra long twin mattresses. You may not get a chance to go shopping for bedding before your first over night stay in your dorm room.
- **Set up a SKYPE account** before you leave to communicate with your family and friends in your home country. Visit www.skype.com
- **Cash.** Bring \$200 in US dollars for basic purchases until you can establish a US banking account. Do not carry more than \$200 in cash.