

PACKING LIST FOR INDIAN STUDENTS GOING ABROAD



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Introduction

The happiness of receiving enrollment confirmation from your dream university is enormous. However, what follows next is the daunting task of packing. Packing is a necessary task but can be tedious if not planned well. Thus, preparing a packing list of what to include and what should be left behind can come in handy.

Since study abroad aspirants have to spend months or years in a new country, it is important to plan wisely. Although there's no fixed formula to decide what to take or not to take, this guide lists some basic things that should be kept in mind while packing.

Before You Start Packing

Given below is a list of a few suggestions you must follow before you start packing for your study abroad destination:

1. Get acquainted with the COVID-19 rules and regulations of the country you are traveling. COVID-19 has complicated travel, so prepare for travel, study, and accommodation while adhering to the instructions.
2. Get a COVID-19 test done. Also, prepare the checklist for 14 days of quarantine, as countries like Canada still focus on a 14-day self-isolation.
3. Arrange for your travel and accommodation.
4. Verify luggage restrictions with your airline.
5. Prepare a list of items you need in a foreign country.



Steps to Pack the Right Essentials When Going Abroad



Choose Your Luggage Bag

International flights usually allow 23kg for check-in luggage. Hence you must find a spacious and versatile bag to accommodate all the essentials. A four-wheel 360-degree rotating suitcase can be a good choice.

Organize Before Packing

Students must organize and arrange a complete checklist of essentials to avoid mis-souts. Thus, organizing and planning all the necessary items is essential. An important checklist while managing your packing should be:

- a. Arrange airport transfers in advance.
- b. Transfer and store all the documents and information in google drive or pen drive
- c. Check the luggage weight restriction.
- d. Book temporary accommodation.
- e. Carry the items that are allowed on the flight.
- f. Use a luggage tag to remember your baggage and avoid getting confused with someone else's.
- g. Upload the photos of all the essential documents.

Separate the Items for Checked-in and Carry-on Luggage

It is important to understand that there is a difference in the items for checked-in and carry-on luggage. There are several items that cannot be carried in the checked-in baggage and vice versa. Hence, the baggage restrictions are read correctly to avoid any misunderstanding.

Carry-on luggage should have the following items on the packing list of Indian students going abroad:

- Currency of host country
- Important documents
- Phone, charger, and other gadgets
- Prescription medicines

The rest of the things should be packed in checked-in baggage.

Important Checklist

Once you have received your visa and admission confirmation letter, it is time to pack the essentials for safe travel and a comfortable stay in a foreign country. To Avoid last-minute undesirable situations, you must go through all the needs that every international student should pack:

1. Travel documents
2. Clothing
3. Electronic gadgets
4. Personal documents
5. Medicine
6. Mobile applications
7. Toiletries
8. Local currency
9. Miscellaneous

Travel Documents

Travel documents are essential to include in the packing list of students going abroad. Travel documents are important for students to successfully fly, pass immigration check-ins, board, and undergo post-departure formalities. Also, students must have photocopies of the documents in case the original gets stolen. The travel documents include the following:

- Passport
- Student Visa
- Credit cards
- Travel Itinerary
- Boarding Pass
- Student Card
- Health insurance card or copy of travel health insurance
- Fee receipt for accommodation allotted



Clothes

Check the weather and culture prevalent in the country you are moving to and pack your clothes accordingly. If the students are moving to countries like the USA, Canada, etc., pack warm clothes as it is cold there, whereas east-Asian and African countries have warmer weather, hence stay moderate and pack only basic outfits. There is no specific clothing packing list for Indian students going abroad. However, the following are some of the essential items that you can keep in your luggage:

- T-shirts/tops
- Two weeks' worth of socks
- Shorts, pants, jeans, and skirts
- Swimsuits
- Pajamas
- Sweaters and hoodies
- Two coats or jackets (one that is water-resistant and one for the cold weather)
- At least four outfits for formal occasions
- Shoes (trainers, dress shoes, boots, wellies, flip-flops)
- Clothing for cold weather, such as mittens, gloves, hats, or scarves (if appropriate in the host country)
- A couple of sets of workout clothes
- A couple of belts and other accessories



Prescription Medicine

If the student is undergoing any treatment, he must carry the prescribed medicine with him in enough quantity. Carry the doctor's prescription, too, in case you run out of doses. It would be best if you also take general medicines for headaches, colds & coughs. Ensure that the brand you use is legal in the country you are moving to. A few medications that should include in the packing list for Indian students going abroad:

- Paracetamol
- Cough Syrup
- Bandages
- Anti-allergy medicines
- Dettol or any other antiseptic liquid
- Antiseptic creams
- Antacids
- Painkillers



Local Currency

Keeping the local currency of the country handy when you are traveling is essential. Getting local currency from foreign exchange centers, airport kiosks, and currency exchange offices is effortless and avoid the trouble related to fake currencies. Read a little about the basics of the country's currency to get a fair idea. Carry enough cash for easy access to necessities and expenses on the way.



Note: Nowadays, Master Cards and Visa Cards are easily accepted in every country.

Electronic Devices

Electronic devices like laptops and mobile phones are essential these days. Given below are some of the other essential electric gadgets that should be carried along:

- Cell Phone/ Mobile Phone
- Laptop
- Outlet Adaptors
- USB Cables
- Charges for phone, laptop, etc.



Note: There is a higher possibility that your dormitory, residence hall, or apartment outlets will differ from those in your home country. Thus, it is advised to carry a universal adaptor from your home country just in case you can't find a place to purchase one in a foreign country.

Toiletries

Students might not get time to go shopping immediately after landing in a foreign country. They might also need help finding their brand choice or its close alternative. Hence, taking essential daily-use items in your luggage is always a good idea. The quantity should support you until you settle (approximately a week).

Avoid carrying hair styling gadgets in your carry-on luggage. Moreover, it is better to avoid hair styling gadgets as they consume a lot of electricity. Some of the toiletries to include in the packing list of Indian students going abroad are as follows:

- Hairbrush
- Hair comb
- Shower gel, shampoo, conditioner, and soap
- Toothbrush
- Make-up and other grooming items
- Tissues and toilet papers
- Deodorant
- Sanitary napkins
- Contact lenses



Miscellaneous

There are several other items that must be included in your packing list. Some of these includes:

- Backpack (to carry your books and assignments to the university)
- Purse or wallet
- Sunglasses
- Essential jewelry
- Sleeping bag
- A journal or diary
- Bedsheets, pillows
- Educational supplies like paper, pen, folder, etc
- Towel
- Water bottle
- Sunglasses
- Books
- Journals
- Watch



Things not to Carry While Traveling Abroad

Airlines have specific rules and regulations about the items one can carry in their check-in and carry-on luggage. Furthermore, several countries also have many products banned. Thus, several things should not be carried out for a hassle-free traveling experience. Given below is the list of some of the items that should not be carried while traveling abroad:

1. Heavy bottles of liquid

The liquid is not allowed on flights. If you plan to keep yourself hydrated while traveling, carry small water bottles or drinks from the airport. Large cans or bottles of oil, beverages, sanitizers, or shampoo are prohibited while traveling.

2. Books

Books always add a lot of weight, so avoid carrying books while packing your items. Books are easily available in the college library, or you can always buy them. Instead, utilize the space for other essentials.

3. Snacks

Snacks or eatables take up a lot of space in your luggage. A good idea could be to taste the host country's food instead of carrying food from home. Food is good in foreign countries, and trying out the host country's food helps the students get accustomed to the new culture.

4. Expensive jewelry

Phones and laptops are necessary, but one must avoid carrying expensive jewelry. It is not advised for any student traveling abroad to take costly jewelry.

How to Resist the Urge to Overpack

When packing, we tend to overpack and stuff our luggage bags with things we may never use during our stay. To decide what items **to carry while traveling abroad**, one can try the following tricks:

1. **Packing beforehand** – Start planning and setting aside all the things you will need, as it will help you figure out what you may or may not need.
 2. **Do your research** – To avoid overpacking the stuff, you can talk with other Indian students already studying abroad. They can give you helpful guidance and tricks on what can be carried in the host country.
 3. **Remove irrelevant items** – You must avoid packing heavy items which may not be necessary. Instead, you should make a list and stick to it.
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Conclusion

Preparing a packing list before moving abroad is no doubt a daunting process. Students should focus on the main objective of going abroad, i.e., studies, and plan accordingly. A planned packing list for students moving abroad will help them organize and manage all the essentials and documents in the proper order.





1. How much luggage weight is allowed on international flights for students?

International flights allow students to carry baggage weighing 23 kg. However, some airlines might also allow extra baggage allowance for students traveling abroad.

2. What to avoid while packing for studying abroad?

Pack only essential items, given that you have a specific weight limit you must adhere to. When traveling abroad, be strategic and avoid unnecessary electronics, bedding items, books (opt for e-books), clothing, and footwear that are not suited for the weather, etc.

3. What should Indian students bring to the USA?

Things to carry while traveling abroad from India include one's passport, personal documents, prescription medicines if any, some local currency, toiletries, charger, adapter, and hand sanitizer. One should keep in mind the climatic conditions in the part of the USA you are moving to and pack clothes accordingly.

About upGrad Abroad

upGrad is an online education provider that helps individuals to develop their professional potential in the most engaging learning environment. upGrad Abroad, the study abroad division of upGrad, through its collaborations with accredited and highly-ranked institutions has introduced a portfolio of distinctive study abroad programs. These innovative programs provide an invaluable opportunity for international students to leverage initial online learning to pursue their dream to study abroad in a flexible and affordable manner. Students begin their program online with a partner institution in the home country, then transition to on-campus with one of the upGrad destination academic partners. upGrad students also have the support of our student services team to assist with the application processing, visa assistance, as well as support upon arrival to campus.

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