



# connect123

## Intern and Volunteer Packing List



### Documents

- **Passport** with at least 6 months until expiration
- **Student ID** (for discounts on transport and admissions)
- Purpose of Travel & Housing Confirmation letters (Dublin)
- Visa (if needed)
- Plane tickets / **proof of return flight**
- Proof of financial support (if applicable)

### Electronics

- 2-3 country suitable **converters/adapters**
- Laptop (remember to download photos from camera and phone frequently in case they are lost)
- E-reader / Tablet
- Camera with extra memory card
- Headphones
- Only **UNLOCKED cell phones** will work overseas. A cheap, usually pay-as-you-go phone can be purchased abroad.

### Toiletries

- **Travel-sized toiletries:** shampoo, conditioner, and shower gel to get you started before you can visit a shop
- Hair brush/comb
- Toothbrush and travel toothpaste
- Deodorant
- Razor
- Hand sanitizer
- Glasses and/or contact lenses (bring extra) and contact lens solution
- Sunscreen
- Makeup
- Bring enough **prescription medication** for length of stay. If longer than three months, you will need to see a doctor abroad to re-prescribe.
- Do NOT bring a straightener/blow dryer. They won't work.

### Financials

- Use an **ATM** when you arrive to withdraw a small amount of local currency. Take note of the international fees charged by both your bank and the ATM.  
\*Remember, you do not need to tip the driver on arrival.
- Notify **bank/credit card companies** that you are going abroad. Visa/Mastercard are most widely accepted. In Europe chip cards are used predominantly. Be sure to know your chip card's pin code.
- A **Travelex card** can be obtained through the Travelex website, in most international airport and major train stations, banks, and credit unions.

### Clothing

- **Check your Project Description** to see if your intern dress is casual, professional, or smart. Usually dress code for work abroad is not as formal as it would be in the US (unless you are in Shanghai). Never wear tank tops or flip flops to work.
- **Remember your destination's hemisphere and possible seasonal differences** from your home.
- Durable **clothes that can be layered** easily for various temperatures and settings.
- Good, comfortable **walking shoes**, as walking is a major part of everyday life.
- Casual pants/jeans/skirts/dresses, short/long-sleeve tops
- 2 weeks worth of socks and underwear, as laundry can be expensive
- Hoodie/sweater
- Jackets (lightweight, windbreaker, rain coat, and/or winter depending on destination)
- Workout/active wear clothes and sneakers (many intern events are active such as hiking, surfing, dancing)
- Pajamas
- Bathing suit, sunglasses, beach towel, hat (season dependent)
- Scarves, hat, gloves (season dependent)
- Rubber flip flops
- Purse (cross-body bag is safer)

### Travel Essentials

- Portable phone charger
- Backpack/day bag/tote bag for day and weekend excursions and to use grocery shopping as plastic bags usually cost \$
- Pillowcase (useful for staying in hostels)
- Travel towel, washcloth, or small towel
- Umbrella
- Rain poncho
- Reusable water bottle
- Lunch box
- Journal
- Watch

 Remember to pack light. You will want to bring souvenirs back home with you!

 Any questions, email your program coordinator and they will help in any way possible.

 Check out our "Internship Packing List" board on Pinterest for more tips.