

## TIPS ON PACKING FOR STUDYING ABROAD IN SEVILLE

### PACK LIGHT

The first and most important thing is to pack light. You will probably buy some things while you are here and there are lots of shops with trendy clothes and the prices are probably lower than your home country. So, make sure you leave some room in your suitcase!

### MEDICATION

If you are taking any medication, be sure to bring with you any prescription medication for anxiety, depression, allergies, chronic conditions, birth control, etc. for the entire time you will be abroad. Doctors and insurance carriers in the U.S. can do something called a "vacation override" that will allow pharmacies to dispense several months' worth of prescription medicine at once. This should be planned well in advance, since some insurance is slow at approving such deviations from, say, the monthly refill protocol. Medication is not allowed to be sent by mail. The medication composition differs in every country and even if you take something simple like ibuprofen, the one in Spain may differ slightly from the one you are used to.

If you suffer from motion sickness, bring a remedy that you know works for you.

### GLASSES AND CONTACT LENSES

If you wear glasses or non-disposable contact lenses, you should bring along an extra pair or two in case your regular glasses or lenses get broken or lost. If you wear disposable contact lenses you should treat them as a prescription medication and bring enough with you to last for the duration of your stay.

### TOILETRIES

You can find everything in Spain. My recommendation would be to take just for the first few days and then buy what you need once you are in Seville.

### COMPUTER

I would take my laptop. Make sure that yours can use 220 voltage and that you bring along an adapter (or you can buy one in Spain). Also remember to carry your computer aboard the plane –

do not check it through. You may want to consider insuring your computer in case it gets lost or stolen (your parents' home insurance may actually cover it). Tablets and laptop computers should be with you at all times. Don't pack them in your checked luggage, don't put them in the baggage compartment under the bus, and don't leave them on the luggage rack (even the one above your seat) on the train.

## CLOTHES

Bring Layers

Jacket and coat

Scarf

Sweaters/sweatshirts (layers are key)

T-shirts (long and short) for during the day or at night

A couple pairs of pants/shorts (nice jeans or pants without holes for travelling to other countries)

A few going out outfits

Socks and underwear

Pajamas

Umbrella

Workout clothes

### ***Shoes + Accessories:***

Comfortable walking shoes/tennis shoes/flats/slippers (floors are quite cold in Seville)

Shoes for going out – wedges or walkable heels (you will be walking everywhere so no need for stilettos!)

## SUMMER PROGRAM CLOTHES

Bring Layers

Jacket

Scarf

Sweaters/sweatshirts

T-shirts for during the day or at night

A couple pairs of pants/shorts

A few going out outfits

Summer dresses or skirts (long or short)

Socks and underwear

Pajamas

Bathing suit/hat

Beach clothes

Workout clothes

***Shoes + Accessories:***

Flip flops

Flat sandals

**OTHER ITEMS**

Phone and chargers

Suntan Lotion

Sunglasses

Refillable water bottle

Backpack

Accessories, the less the better and we recommend that you don't bring or wear anything of value

**GIFT FOR YOUR HOST FAMILY**

This is not required but it is a nice gesture to bring your host family in Sevilla a little something, maybe a little token from your hometown.