

# Packing List

## MA in Humanitarian Assistance & Crisis Management

Please find a suggested packing list below for Jordan and Morocco. This list has been vetted by students who completed the program in these locations and SIT faculty members.

### Jordan Clothes & Shoes

- 3-4 pairs of nice pants (neat jeans, casual pants)
- 4-5 modest, long sleeve tee shirts that do not have any inappropriate drawings or sayings about religion or politics
- 4-5 long sleeve shirts, casual and dressy
- 2-3 sweaters or fleeces
- 1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (dresses, skirts, shirt & sport coat, tie, dress pants)
- Pajamas & optional lightweight bathrobe
- 1 warm coat - it gets chilly in Amman in winter
- 7-day supply of socks
- 10-day supply of underwear
- Light raincoat
- Hat or cap for cold weather
- Athletic running/exercise clothing and shoes (optional)
- Swimsuit (modest cut)
- 1 pair of comfortable walking shoes for wearing around town
- 1 pair of sandals for outdoors (Tevaz or Chacos)
- 1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)
- House slippers (optional)

## Morocco Clothes & Shoes

- 3-4 pairs of nice pants (neat jeans, casual pants)
- 4-5 modest, long sleeve tee shirts that do not have any inappropriate drawings or sayings about religion or politics
- 4-5 long sleeve shirts, casual and dressy
- 2-3 sweaters or fleeces
- 1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (dresses, skirts, shirt & sport coat, tie, dress pants)
- Pajamas & optional lightweight bathrobe
- 1 warm coat - it gets chilly in Amman in winter
- 7-day supply of socks
- 10-day supply of underwear
- Socks
- Lightweight pajamas
- 2-3 lightweight sweaters
- Swimsuit (conservative cut)
- Lightweight jacket or fleece
- Light raincoat
- Athletic running/exercise clothing (optional)
- 1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)
- 1 pair of sport sandals (Tevas/Chacos)
- Running shoes/trainers or day hikers for exercising
- House slippers such as flip flops

## Health and Toiletries Supplies for Jordan & Morocco

- Adequate supply of prescription medication including birth control pills, vitamins, motion sickness pills
- Extra pair of glasses or contacts & cleaning solutions; eye drops
- Sunscreen & Lip balm with sunscreen
- Hand sanitizer
- Small first aid kit with band-aids, hydrogen peroxide, antiseptic cleanser/alcohol pads, moist towelettes, and over-the-counter drugs for minor pain, diarrhea, anti-itching cream, etc.
- Toothbrush and small bottle of toothpaste

## Miscellaneous

- Sunglasses
- Camera (optional)
- Electricity adapters for Jordan & Uganda
- Small binoculars (optional)
- Flashlight or headlamp (headlamp recommended) & batteries for each
- School supplies (notebook, 2-3 journals, pens, etc.)
- Travel alarm or wristwatch (or smart phone)
- Small Daypack (required)
- Hat with a brim for the sun (baseball style cap is appropriate)
- TSA approved mini locks for luggage (recommended)
- Water bottle that won't break and can hold a liter or more of water

## Carry-On

- Laptop & laptop charger
- Unlocked Smartphone
- Passport
- Copy of your visa for Uganda, and 2 copies of your passport, stored separately from passport
- COVID 19 vaccine and booster cards if required
- Any regularly required medications you may need during transit
- 2 face masks
- Additional form of photo ID (license recommended)
- Small bottle of hand sanitizer (recommended)
- 2 extra passport photos
- Travel pillow (recommended)