

Packing List



MA in Diplomacy & International Relations 2024-2025

Please find a suggested packing list below for Switzerland and South Africa. This list has been vetted by students who have completed the program before you and SIT faculty members.

Switzerland Clothes & Shoes

- 3-4 pairs of pants (jeans, casual pants)
- 4-5 tee shirts
- 4-5 shirts, casual and dressy
- 2-4 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
- Socks
- 10-day supply of underwear
- 1 set of thermal underwear
- All season coat with removable lining for autumn and winter
- Hat, gloves, and scarf
- Athletic running/exercise clothing and shoes (optional)
- Swimsuit
- 1 pair of comfortable walking shoes for wearing around town
- 1 pair of waterproof hiking shoes with good grip for outdoor activities and hikes
- 1 pair of winter boots
- 1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)
- House slippers (optional)

South Africa Clothes & Shoes

	
<input type="checkbox"/> 3-5 skirts, dresses (below the knee)	<input type="checkbox"/> 3-4 pairs of business casual pants (khakis, lightweight cotton)
<input type="checkbox"/> 1-2 pairs of warmer pants for cold weather	<input type="checkbox"/> 4-5 collared shirts (short sleeves are acceptable)
<input type="checkbox"/> 2-3 casual pants including capris	<input type="checkbox"/> 1-2 pairs of warmer pants for cold weather
<input type="checkbox"/> 4-5 shirts or blouses, lightweight and business casual	<input type="checkbox"/> 4-5 lightweight tee shirts
<input type="checkbox"/> 4-5 lightweight tee shirts, long and loose	<input type="checkbox"/> 1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (pants, shirt, and tie)
<input type="checkbox"/> 1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (dresses, skirts, shirts, and pants)	



- 10-day supply of underwear
- Light Socks
- Lightweight pajamas
- 2-3 lightweight sweaters
- Swimsuit (conservative cut)
- Lightweight jacket or fleece
- Waterproof 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 (Texas/Chacos)
- Running shoes/trainers or day hikers for exercising

- House slippers such as flip flops

Health and Toiletries Supplies for Switzerland & South Africa

- Adequate supply of prescription medication including birth control pills, vitamins, motion sickness pills
- Extra pair of glasses or contacts & cleaning solutions; eye drops
- Tampons and sanitary pads
- Sunscreen
- Hand sanitizer
- Lip balm with sun block
- Small first aid kit with band-aids, hydrogen peroxide, antiseptic cleanser/alcohol pads, moist towelettes, rehydration salts or powder form of Gatorade, and over-the-counter drugs for minor pain, diarrhea, anti-itching, and motion sickness, as approved by your doctor (chewable tablets when possible as water is not always available)
- Insect repellent - 2 bottles
- Malaria prophylaxis for the semester (South Africa)

Miscellaneous

- 3 washable, cloth face masks
- Sunglasses
- Camera (optional)
- Water bottle
- Electricity adapters for Switzerland & South Africa
- Small binoculars (optional)
- Flashlight or headlamp
- School supplies (notebook, 2-3 journals, pens, etc.)
- Travel alarm or wristwatch (or smart phone)
- Daypack

Carry-On

- Laptop
- Unlocked Smartphone

- Passport
- Copy of your visa and 2 copies of your passport, stored separately from passport
- Yellow WHO card for immunization; COVID 19 vaccine and booster cards