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

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<th>Female</th>
<th>Male</th>
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<tr>
<td>3-5 skirts, dresses (below the knee)</td>
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<tr>
<td>1-2 pairs of warmer pants for cold weather</td>
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<tr>
<td>2-3 casual pants including capris</td>
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<tr>
<td>4-5 shirts or blouses, lightweight and business casual</td>
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<tr>
<td>4-5 lightweight tee shirts, long and loose</td>
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<tr>
<td>1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (dresses, skirts, shirts, and pants)</td>
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<tr>
<td>10-day supply of underwear</td>
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<td>Light Socks</td>
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<tr>
<td>Lightweight pajamas</td>
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<tr>
<td>2-3 lightweight sweaters</td>
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<tr>
<td>Swimsuit (conservative cut)</td>
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<tr>
<td>Lightweight jacket or fleece</td>
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<tr>
<td>Waterproof raincoat</td>
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<tr>
<td>Athletic running/exercise clothing (optional)</td>
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<tr>
<td>1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)</td>
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<tr>
<td>1 pair of sport sandals (Tevas/Chacos)</td>
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<td>Running shoes/trainers or day hikers for exercising</td>
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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