

# Global Master's in International Education

## Packing List 2024-2025

Please find suggested packing lists below for both Spain and Nepal. This list has been vetted by students who have completed the program before you and SIT faculty members.

### Spain Clothes & Shoes

- 3-4 pairs of pants (jeans, hiking pants, casual pants)
- 3-4 pairs of shorts
- 4-5 tee shirts
- 4-5 shirts, casual and dressy
- 2-4 sweaters or fleeces
- Pajamas & optional lightweight bathrobe
- Socks
- 10-day supply of underwear
- Light, waterproof jacket
- Jacket for cold weather
- Athletic running/exercise clothing (optional)
- 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 dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)
- 1 pair of sandals
- Running shoes/trainers or day hikers for exercising
- House slippers such as flip flops

### Nepal Clothes & Shoes

#### GENERAL

- T-shirts
- Sweater or fleece
- 4-5 pairs of socks (warm socks for the colder part of the semester are a necessity!)
- Underwear (1 week's supply)
- Warm hat, scarf and gloves
- Hat to shield the sun
- Rain jacket
- Warm jacket/vest (for the mountains, a down jacket is recommended)
- Long underwear (1-2 sets, not cotton)
- Boots or walking shoes (waterproof and already broken in)
- Sturdy sandals

## WOMEN

- 2-3 shirts with conservative necklines (i.e. no visible cleavage)
- 2-3 pairs of neat, lightweight pants for Kathmandu (you may consider one pair that is waterproof)
- Leggings to wear under skirts or *kurtas* (long shirts/dresses traditional in South Asia).
- 1-2 long, full skirts (if you like wearing long skirts)

## MEN

- 2-3 pairs neat, comfortable pants (you may consider one pair that is waterproof)
- 2-3 button-down shirts
- 2-3 long-sleeved shirts

## Toiletries for Spain & Nepal

- Adequate supply of prescription medication including birth control, vitamins, motion sickness pills (pack in carry-on)
- Extra pair of glasses or contacts
- Eye drops
- Face and eye moisturizer
- Sunscreen
- Earplugs (optional)
- 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)

## Miscellaneous

- 3 washable, cloth face masks
- Sunglasses
- Camera (if needed in addition to smart phone)
- Water bottle/Coffee holder
- Electricity adapters for Spain and Nepal
- Small binoculars (optional)
- School supplies (notebook, 2-3 journals, pens, etc.)
- Travel alarm or wristwatch (or smart phone)
- Daypack
- Discreet sized money belt (important)
- A few novels to read and share with classmates

- A list of any medications you are taking with the generic name of each (if there is one)
- Extra contacts and plenty of cleaning solution, if used
- Travel/quick-dry towel
- Pepto-Bismol (Bismuth Subsalicylate) tablets for non-antibiotic treatment of mild GI issues
- Iodine pills (or dropper bottle for iodine solution for purifying drinking water)
- Credit card for emergencies
- Flash drive
- Sunscreen
- Flashlight or headlamp and batteries (a small headlamp is really useful in town during load-shedding)
- Homestay gifts (if appropriate)
- Photos of friends/family to share with homestay family (if appropriate)

## OPTIONAL

- Swimming suit
- Moleskin
- Acidophilus tablets (yogurt culture) for non-chemical treatment of minor GI issues
- Novels (bring a few and trade with classmates)
- Umbrella
- Ziploc® bags in varying sizes (useful for storage in dusty/wet environments)
- A few carabiners

## Carry-On

- Passport with visa
- Proof of COVID 19 vaccine and boosters
- Laptop
- Unlocked smartphone
- Luggage locks (important)
- 2 copies of your passport and visa, stored separately from passport