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 kurta (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