

Global Master's in International Education

Packing List 2025-2026

Please find the 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)
- ☐ 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 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

- ☐ 4-5 long, lightweight skirts, dresses, or pants
- ☐ 4-5 lightweight tee shirts, long and loose (available in Nepal)
- ☐ 1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (dresses, skirts, shirt & tie, dress pants)
- ☐ Warm Clothing

- ☐ 10-day supply of underwear
- ☐ Light and warm socks (available in Nepal)
- ☐ Warm pajamas (available in Nepal)
- ☐ Swimsuit
- ☐ Jacket or fleece
- ☐ Waterproof raincoat (available in Nepal)
- ☐ 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 (Tevaz/Chacos) (available in Nepal)
- ☐ Additional Footwear: Consider adding a pair of slippers or warm socks for colder nights
- ☐ Running shoes/trainers or day hikers for exercising
- ☐ House slippers such as flip flops (available in Nepal)

Toiletries for Spain & Nepal

- ☐ Sunscreen: Nepal has a lot of sun, even in higher altitudes.
- ☐ Adequate supply of prescription medication including birth control pills, vitamins, motion sickness pills
- ☐ Hand sanitizer
- ☐ Anti-bacterial Wipes: A good supplement to hand sanitizer, especially if you're traveling in rural or remote areas.
- ☐ Extra pair of glasses or contacts
- ☐ Eye drops
- ☐ Face and eye moisturizer
- ☐ Sunscreen
- ☐ Earplugs (optional)
- ☐ 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)
- ☐ Tampons (sometimes difficult to find in Nepal)
- ☐ Insect repellent with DEET of at least 50% for use on skin and 100% DEET or Permethrin for use on clothing (Nepal)

Miscellaneous

- ☐ Reusable Shopping Bag: Sustainable and practical for any shopping needs.
- ☐ 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)
- ☐ Flashlight or headlamp
- ☐ 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
- ☐ Portable Laundry Line: For drying clothes in places where access to dryers might be limited.

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