Luggage
Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. We advise you to bring an internal-frame backpack, which will be easier for you when we travel around the country.

If carrying prescription medications, you should carry a letter from your doctor to prevent any problems at customs or in transit. (Please see the “General Health Tips” section in the Safety, Security, and Health pre-departure document). Please check the current requirements of the Transportation Security Administration (http://www.tsa.gov) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

Clothing Guidelines
While informal dress is acceptable and common in most settings, it is essential to keep a neat, clean appearance. Jeans with holes, sloppy T-shirts, tank tops, etc., are discouraged. People in offices and development agencies are apt to be much more open and responsive if the visitor shows respect by dressing accordingly. It is not necessary to be fashionable, just neat and clean.

Women especially take great care in their appearance and you will rarely see women in casual wear such as flip-flops or sweatshirts. Also, unless in the heat of summer, shorts and revealing clothes are not as common here as in the United States. It is very important to have at least one set of clothes for formal occasions. Dressing in layers is the most sensible solution to the varied seasonal and geographic climates you will encounter.

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Remember to pack lightly!

Buenos Aires Community Service
You will need warm clothes for both the spring and fall semester. It is a good idea to bring clothes for all seasons. It would be good to have a fleece, warm pants, and boots for Buenos Aires as well as some summer clothing for a few of the excursions. Convertible pants (with a zipper that can change the length) are very practical. For the excursions, bring clothes that are easy to wash, no iron needed, and lightweight. Some comfortable trekking shoes may also be useful.

Computers and Other Electronics
It is recommended that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility and it is recommended that you insure it. SIT is not responsible for any theft, or loss.

During the program you will need to upload your homework to the web so a laptop will be very useful during the ISP period. Many host families have Internet access at home. In addition, the program office in Buenos Aires has Wi-Fi access, so a laptop with this capability can prove quite useful.

If you choose not to bring a laptop, there are many locutorios or Internet cafés in Buenos Aires and other major cities throughout the country. We also have two computers for student use at the office. We do not recommend bringing your computer or other electronics on excursions. You will have a locker at the office where you can leave your computer if you do not wish to carry it around. If you have a warrantee or repair plan, be sure to bring that information with you in case of any technical problems.

If you plan to bring electrical equipment you will need to bring a voltage adaptor (110v to 220v) as well as a plug converter (European style two-prong outlets). Please see the following website for information about electricity, voltage, and electrical adapters:
http://www.worldstandards.eu/electricity/

Gifts
As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy; you do not need a gift for each member. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

What You Can and Cannot Obtain in Country
Buenos Aires is a well-developed cosmopolitan city that has all the amenities of any large city in the United States. Therefore, it will be quite easy to find the majority of familiar products. However, please note that in order to stick to a favorite brand, you might pay elevated prices due to import taxes. For women, there are only local brands of tampons available.

Also take into account that the first days of the program will be spent at an estancia without the possibility of buying any necessary items. Make sure you bring basic toiletry items for those days.

If you are a woman and your shoe size is greater than 10, or a man with a shoe size greater than 14, you may find it difficult to obtain shoes in Argentina. It can also be difficult to find clothing for women greater than size 13. Argentine women are usually thin and the brands of clothes for young people are smaller than in the US. In some cases an XL can be a 9 or 11 in the US.

We recommend you either bring or buy locally (in Argentina) any cosmetics, food, clothes, electronic devises, and medicines that you will need during the program. If they are mailed to you from the US they will be withheld by customs, and it is very expensive and difficult to get them once they are retained.

If you have further questions, please contact your admissions counselor and/or ask an alumni mentor:
http://studyabroad.sit.edu/pn/admitted-students/contact-a-former-student/.
Don’t Miss the Packing List on the Next Page
These packing guidelines are based on suggestions from past students and your academic director. The clothing you bring may be adapted to your own style, within cultural norms of acceptable dress.

Remember to place all valuable items and prescriptions in your carry-on luggage while traveling and all sharp items in your checked luggage.
### Suggested Packing List

#### Clothing

**General**
- 1 pair warm pants
- 2–3 pairs casual pants
- 2 pairs jeans
- 4–5 shirts (one fairly dressy)
- T-shirts and shorts
- 2–4 sweaters or warm tops
- Underwear (at least 2-week supply); be aware that you will be going on a 2-week excursion
- Socks (at least a 2-week supply)
- Pajamas
- 1 pair comfortable walking shoes
- 1 pair sneakers
- 1 pair sandals
- Wet weather shoes/sandals (could be one of above pairs)
- Sufficient supply of cold-weather clothes
- 1 dressy outfit, suitable for a wedding or an important meeting or something for going out in the evenings
- 1 pair of cold weather shoes or boots
- Swimsuit
- Raincoat or jacket (or shell plus fleece liner)
- 1 or 2 bath/beach towels

**Women**
- 1–2 dresses or skirts

#### Health/Toiletries
- Sunscreen (at least SPF 30)
- Sunglasses
- Basic toiletry items for the first days
- Hat
- Adequate supply of any medications you use regularly, including birth control. *Please bring all the medications you will need during the program with you, as medicines will be withheld in customs if sent by mail once you are in Argentina.*
- Small first aid kit with Band-Aids, hydrogen peroxide, moist towelettes, and over-the-counter drugs for minor pain, diarrhea, anti-itching, and motion sickness, as approved by your doctor, extra eye glasses or contacts.
- Travel alarm clock

#### Other Important Items
- Flashlight/headlamp
- Umbrella
- Homestay family gifts
- Spanish/English dictionary
- Small recorder for interviews
- Durable water bottle
- Lock for luggage

#### Optional
- Travel guide if you plan to do post-program travel (Lonely Planet is recommended)
- Field research guide
- Camera
- Voltage and plug adaptors
- College or university ID or other picture ID
- Waterless anti-bacterial hand soap/cleansing towelettes

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*Rural Homestay Family*