Packing Guidelines

Switzerland: Global Health and Development Policy
Spring 2016

Table of Contents
Luggage ..............................................................................1
Clothing Guidelines .........................................................1
Equipment ........................................................................1
Computers and Other Electronics .....................................1
Gifts ....................................................................................2
What You Can and Cannot Obtain in Country...2
Suggested Packing List .....................................................3

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. Consider bringing one large rolling suitcase for Switzerland and a smaller rolling suitcase and/or a large backpack for Morocco and your personal weekends.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns 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
For your stay in Switzerland, you should bring a two- to three-week supply of clothes. Europeans tend to dress more formally than Americans, particularly in Geneva. Remember that you may need clothes that are suitable to a business environment, interviews, and/or for volunteer hours.

The temperature and humidity will vary significantly; make sure to bring a variety of clothes to match with these differences, especially warm and waterproof clothes and shoes for the winter season. Several families have chalets in the mountains or go skiing on weekends so you may want to plan accordingly.

For the excursion to Morocco, SIT prefers that students dress like the majority of the young people: modest and conservative. Students have always found jeans very practical. Do not forget sneakers or comfortable shoes for outdoor activities.

Equipment
Computers and Other Electronics
It is strongly 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. Please see the Safety, Security, and Health pre-departure
document for more information on the personal property insurance that you have through SIT. SIT is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

Computers are not readily available to students on this program. Certain homestay families do have computers at their homes, although this cannot be guaranteed. As stated above, it is best to bring a laptop. You will also need to a voltage converter and a plug adapter. If you want to have constant, easy access to a computer, it is a good idea to have an extended warranty in Europe in case of repairs.

Please see the following website for information about electricity, voltage and electrical adapters. http://www.worldstandards.eu/electricity/.

Electrical appliances from the US will require a voltage converter and 2-prong adapter; the electrical current is 220 volts in Europe. Outlets in Switzerland use plug types C and F. You can also purchase adapter plugs and converters in Switzerland if needed.

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**

Only bring enough shampoo, deodorant, toothpaste, tampons, etc. for the first month or so. These items are often heavy and space-consuming, and they can easily be bought in Switzerland. However, if you are interested in saving your spending money for other things, bring enough for the entire semester, as everything, including toiletries, is much more expensive in Geneva.

If you have further questions, please contact your admissions counselor and/or ask an alumni contact: 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.

**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

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

General
☐ 1 pair neat jeans
☐ 4 shirts (one fairly dressy – short and long sleeve)
☐ 2 sweaters (1 fairly heavy)
☐ Underwear (one-week supply)
☐ 1 set of long underwear (helps fight the cold and damp)
☐ Socks (one-week supply)
☐ Warm pajamas or nightgown
☐ Slippers (people often wear house slippers, more than in the US)
☐ 1 pair COMFORTABLE, everyday shoes which are fairly dressy and good for walking
☐ 1 pair neat sneakers
☐ 1 pair winter boots or wet weather shoes
☐ 1 cold weather, all-purpose coat is necessary (perhaps a raincoat with a zip-in lining would be better than both a raincoat and a winter coat)
☐ Hat, scarf, and gloves

Women
☐ 1 nice outfit - dress/skirt
☐ 2-3 pair pants and/or skirts - casual and dressy

Men
☐ 1 nice outfit - sport coat and tie
☐ 2-3 pair pants - casual and dressy

Travel Documents
☐ Passport
☐ Yellow WHO Card or a copy of your immunization record (see the Safety, Security, and Health document for more information)
☐ Two photocopies of your passport stored separately from your actual passport
☐ Photocopy of visa

Health/Toiletries
☐ Extra pair of glasses or contacts, if needed
☐ Contact cleaning/soaking liquid (available in Switzerland, but more expensive)
☐ Adequate supply of prescription medication (including birth control pills) and vitamins, if needed

Other Important Items
☐ Laptop
☐ Camera
☐ Small French-English dictionary
☐ School supplies to get you started during orientation: notebook, journal, pens
☐ Small tape recorder (for field work interviews)
☐ Bath towel, washcloth
☐ Travel alarm clock
☐ Fold-up umbrella
☐ Photos of home, school, friends, etc.
☐ Sports clothes
☐ 1 swimsuit
☐ Shorts (May through September)
☐ light trousers for the excursion to Morocco