

# PRAGUE PACKING LIST

Packing the right gear (and the right amount) is the first step to an incredible travel experience.

## Follow these tips to pack like a pro:

1. **Travel light.** Pack only the essentials. You'll need less than you think and remember you will find cool clothes and items to buy along the way.
2. **Leave your non-essential valuables behind.** While traveling, it's easier for things to get lost, stolen, or damaged. Keep any prized possessions safe at home.
3. **Check with the TSA.** Make sure your luggage complies with TSA regulations, especially your carry-on. Useful tip: Pack an empty water bottle and fill it up after security.

## Carry-On

A medium-sized backpack (30-40 liters) or duffel bag is recommended as it may be useful and travel-friendly for day trips or potential overnight trips.

Use the below checklist to assist in your packing:

Passport	Headphones
Laptop	Change of clothes
Optional: E-reader such as Kindle	Water bottle
Photocopies of passport info page	Snacks (no fresh fruit, meat, or dairy)
Optional: vaccination card (and photocopies)	<b>Prescription medication &amp; copy of prescription (enough for the semester)</b> <b>*Must place in carry-on bag</b>
Book and/or journal + pens	All flight itineraries
Wallet/money	Verto emergency contacts and address where you will be staying (provided by Verto prior to travel)
Phone (unlocked!) + (optional) additional old phone (unlocked)	Chargers, adapters, & converters
Camera (if bringing a camera in addition to your phone)	<b>Wearing your Verto T-shirt and a COVID-19 mask for your international flight is highly</b>

			<b>recommended!</b>
--	--	--	---------------------

## Checked Luggage

A 70-90 liter duffel bag or backpack is a good option, but you can also use a roller bag if you prefer. Remember, you have to be able to carry your own luggage, so pack accordingly.

## Clothes & Gear

Keep in mind students do laundry about once per week.

	Socks (5)		Rain jacket (highly recommended!)
	Underwear (10)		A fleece/warm hoodie/light down jacket
	Lightweight pants (1-2)		Warm Winter Coat
	Jeans (1-2 - optional)		Gloves, hat, and scarf
	1-2 outfits for nicer formal occasions (A button-down shirt is a good option. Make sure you have at least one outfit that covers the knees and shoulders).		Rain boots (though you can buy them in country)
	T-shirt (4-5)		Indoor slippers
	Tank tops (2)		Washable Covid-19 mask or neck gaiter (bring at least 2).
	Pajamas		Sunglasses
	Swimsuit (1)		Comfortable walking shoes, such as sneakers
	Long sleeve shirt (3-4)		Sneakers (a pair you don't mind getting dirty)
	Sweaters (2-3)		Optional: purse or belt bag
	Sweatshirt/hoodies (2-3)		Optional: Gym clothes and shoes (1-3 outfits)
	Lightweight/Quick dry Towel (additional towels can be purchased in-country)		

## Toiletries

Below is a list of key toiletry items you can consider packing. *Verto alumni have recommended purchasing most toiletry items once you have arrived*, especially soaps and shampoos (unless you have a preference for a very specific brand you may not be able to get on-site). **It may be helpful to bring enough toiletries to last the first week.**

Toothbrush	Feminine hygiene products
Toothpaste	Contact lenses & solution (enough for the semester)
Hair brush/comb	Wet Wipes
Hand Sanitizer	Deodorant
Personal first aid kit (band aids, preferred over the counter medications)	Commonly used medications: Pepto Bismol, pain reliever, cold medicine, etc.

## Miscellaneous

- C Type I power converter/adaptor: converts the electrical voltage from the outlet so that American devices can be used safely. Having a power board and an adapter allows students to charge 2-3 devices needed during the program.
- A small daypack, purse, or tote bag for daily use
- Watch/alarm clock

## Additional Packing Tips

### WHAT TO BRING:

#### Prescription medication/contact lenses

Make sure you have enough of this to last your entire semester! Bring it with you, as having it posted to Prague can take several weeks (if customs even allows it through) and you do not want to be left without medicine! If you are unable to get a semester's worth of medication, Verto staff can help you schedule a doctor's appointment once in Prague.

#### Clothes for all seasons

The transition from season to season brings a multitude of weather changes in Prague, so make sure you pack some warm clothes as well as clothes that can be layered to adapt to temperature fluctuations!

#### Copies of your important documents

As a precaution, make sure to make copies of your important documents such as your passport, driver's license, student ID, and so on.

#### Plug adaptors

The plugs are different in the Czech Republic, so make sure you bring some adaptors for your chargers, computer, etc.

**Laptop**

It is mandatory for all Verto participants to bring their own laptop and chargers. A sturdy case is also a good idea as you will be transporting your computer daily to and from class.

**Money belt/zip purse**

Or any safe means of carrying around your valuables. Small wallets and bags with zip closures are ideal.

**DO NOT BRING:****Hair straighteners and hair dryers**

Due to the voltage differences between the U.S. and Europe, items such as hair straighteners and hair dryers will malfunction if you use them through a regular plug adaptor (and sometimes even a voltage converter!). Prague staff can give you information on where to purchase a cheap hair straightener and dryer on-site.

**Bedding, pillows, blankets, etc.**

You will be provided with fresh linens in your accommodation. You can buy extra pillows and blankets easily in Prague.

**Heavy or multiple towels**

We recommend bringing one lightweight towel with you so you're able to shower when you arrive in Prague. Prague staff will be able to show you where you can purchase additional towels when you arrive.

**Mace and pepper spray**

Although mace and pepper spray are not illegal in the Czech Republic, as a Verto student you are not allowed to bring these. Please speak to your Prague staff should you have any questions about this.