

# BUENOS AIRES 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 litres) 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 ( <b>unlocked!</b> ) + (optional) an additional old phone ( <b>unlocked</b> )	Chargers for electronics
Camera (if bringing a camera in addition to	<b>Voltage converter</b> , because the standard

your phone)	voltage in Argentina (220 V) is higher than in the United States of America (120 V).
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## 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)	Comfortable everyday walking shoes such as sneakers
Underwear (10)	Indoor slippers
Lightweight pants (1-2)	Comfortable dress shoes
Jeans (1 -2 optional)	Sunglasses and hat
Shorts (2-3)	Hoodies, sweaters, jacket (if you are planning on traveling south)
Collared/dress shirt or dress for nicer occasions (2 - a polo shirt is an acceptable option and something to cover the knees and shoulders)	Dresses or skirts (2-3), if you wear them
T-shirt (4-5)	Sweaters (2-3)
Tank tops (2)	Swimsuit
Pajamas	Optional: Gym clothes and shoes (1-3 outfits)

## 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 and toothpaste	Feminine hygiene products
Hair brush/comb	Contact lenses & solution (enough for the semester)
Hand Sanitizer	Wet Wipes
Personal first aid kit (band aids, preferred over the counter medications like Pepto Bismol, pain reliever, etc.)	Deodorant

## Miscellaneous

- A Type I power converter/adapter:
  - The plugs are different in Buenos Aires so you will need to use an adaptor for your chargers.
  - You will also need a voltage converter, because the standard voltage in Argentina (220 V) is higher than in the U.S. (120 V). Voltage converters convert the electrical voltage from the outlet so that American devices can be used safely.
  - You may be able to find a single adapter-converter device, or you may want to get both. You may want to bring a power board style adapter (with multiple outlets) so that you can charge multiple devices at once.
  - You can buy a converter and/or electrical adapter at most travel stores, or you can choose to purchase from a hardware store in Buenos Aires.
- 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 Buenos Aires can take several weeks (if customs even allows it through) and you do not want to be left without medicine!

#### Clothes for all seasons

The transition from season to season brings a multitude of weather changes in Buenos Aires, so make sure you pack some warm and waterproof 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.

### **Laptop**

It is mandatory for all Verto students to bring their own laptop and chargers.

### **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 Argentina, items such as hair straighteners and hair dryers will malfunction if you use them through a regular plug adaptor (and even a voltage converter!). Buenos Aires staff can give you information on where to purchase a cheap hair straightener and dryer in Buenos Aires.

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

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

#### **Towels**

You can buy these quite cheaply upon arrival and you won't have to worry about it taking up valuable room in your luggage!

#### **Mace and pepper spray**

Mace and pepper spray are illegal in Argentina.