

# PRAGUE PACKING LIST

Packing the right gear (and the right amount) is the first step to an incredible semester abroad.

## Follow these tips to pack like a pro:

1. Pack light: You'll need less than you think, and you'll find great things to buy locally.
2. Leave valuables at home: Minimize risk of loss or theft.
3. Carry copies of your passport, flight itinerary, and emergency contacts.
4. Check TSA rules for your carry-on (especially for liquids).
5. Bring an empty water bottle to fill 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:

- |  |  |
|--|--|
| <input type="checkbox"/> Passport + photocopies of info page   | <input type="checkbox"/> Optional: Old unlocked phone as backup        |
| <input type="checkbox"/> Laptop + charger (mandatory)  | <input type="checkbox"/> All flight itineraries                        |
| <input type="checkbox"/> Headphones  | <input type="checkbox"/> E-reader or book                              |
| <input type="checkbox"/> Water bottle  | <input type="checkbox"/> Journal + pens                                |
| Change of clothes  | <input type="checkbox"/> Camera (optional)                             |
| <input type="checkbox"/> Prescription medication for the <b>entire semester</b> + prescription copy ( <i>must be in carry-on</i> ) | <input type="checkbox"/> Verto emergency contacts and Prague address   |
| <input type="checkbox"/> Snacks (sealed; no fresh fruit, meat, or dairy)   | <input type="checkbox"/> Chargers, adapters, and voltage converters    |
| <input type="checkbox"/> Wallet + cash/cards   | <input type="checkbox"/> CISI (Insurance) card information             |
| <input type="checkbox"/> Phone (unlocked)  | <input type="checkbox"/> Wear your <b>Verto T-shirt</b> on travel day! |

## Checked Luggage

A 70–90L duffel, backpack, or roller suitcase works. You must be able to carry your own luggage, and storage is limited.

## Clothes & Gear

Keep in mind students do laundry about once per week.

- Socks (5 pairs)
- Underwear (10 pairs)
- T-shirts (4–5)
- Long sleeve shirts (3–4)
- Sweaters (2–3)
- Sweatshirts/hoodies (2–3)
- Jeans (1–2, optional)
- Lightweight pants (1–2)
- Tank tops (2)
- Pajamas
- Swimsuit (1)
- 1–2 formal/nicer outfits (should cover knees and shoulders)
- Warm coat for winter
- Rain jacket (highly recommended!)
- Fleece/light down jacket
- Hat, gloves, scarf
- Comfortable walking shoes/sneakers
- A second pair of sneakers (okay to get dirty)
- Indoor slippers
- Optional: Gym clothes/shoes (1–3 outfits)
- Optional: Small purse or belt bag
- Sunglasses
- Lightweight, quick-dry towel (can buy more in Prague)

## 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 + toothpaste
- Deodorant
- Feminine hygiene products
- Hairbrush/comb
- Over-the-counter meds (e.g., Pepto Bismol, pain relievers, cold medicine)
- Contact lenses + solution
- Hand sanitizer
- Wet wipes
- Personal first aid kit

## School Supplies & Academic Technology Items

While you generally don't need to pack much for school supplies, having a few basics with you will set you up for a successful start to the semester. And, depending on your courses, you may need to bring a few additional items.

	2-3 pens/pencils	Laptop* with charger & adaptor or tablet with wireless keyboard
	1-2 notebooks	<b>Biology Students</b> in sites where Bio is offered:: a scientific calculator that can do algebraic work such as Texas TI30XA or Casio FX-260.
	Paper academic planner	<b>Math Students:</b> Enrollment in MATH 1110, 1115, 1117, 1118 or higher may require the use of a graphing calculator. If you have one, bring it! <b>If you don't, download the free app from Desmos or use their web-based <a href="#">Desmos Graphing Calculator</a>**.</b>

*\*\*Verto does not have any relationship with Desmos - this is just a recommended free online graphing calculator.*

## 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 will likely result in the package being stuck at customs. 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.