

SEVILLE 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 during your semester.

Use the checklist below to assist in your packing:

Passport	Headphones
Laptop and case	Change of clothes
Optional: E-reader such as Kindle	Water bottle
Photocopies of passport info page and CISI Number (Medical Insurance ID)	Snacks
Verto emergency contacts and address where you will be staying (provided by Verto prior to travel)	Prescription medication and copy of prescription (enough for the semester). <u>Pack it in your carry-on bag if it's not liquid.</u>
Wallet/money	Optional: Vaccination card (and photocopies)
Book and/or journal + pens	All flight itineraries
Phone	Chargers, adapters, and converters
Camera (if bringing a camera in addition to your phone)	Wearing your Verto t-shirt for your international flight is highly recommended!

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 participants typically do laundry about once per week.

	Socks (7)		Comfortable everyday sneakers or shoes for walking (1-3)
	Underwear (10)		Comfortable sandals for walking (1-2)
	Pajamas (2)		Dress shoes (1-2)
	Swimsuit (1 or 2)		Optional: House shoes (may be slippers or flip flops/slides) (1)
	Casual shorts (1-2) and pants (1-2)		Optional: Gym clothes and shoes (1-3 outfits)
	Tank tops (2-4)		Optional: Long pants for a light hike (1)
	T-shirts (2-4 short-sleeved/2 long-sleeved)		Optional: Shoes adequate for a light hike (1)
	Blouses/tops/shirts (4-7)		Fleece or light jacket (1)
	Sweatshirt/hoodie (1-2)		Winter coat (1)
	Nice shorts (1-2)		Hat or cap (1)
	Jeans (1-2)		Sunglasses (1)
	Trousers/slacks (1-2)		Scarf (1)
	Skirts (1-2)		Beach towel (1)
	Dresses (1-2)		Medium-sized backpack (1)
	Sweaters (1-2)		Optional: Purse (1)
	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).		

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.**

Shampoo	Sunscreen
Conditioner	Deodorant
Body wash/soap	Razor and shaving cream
Face wash	Feminine hygiene products
Facial products	Contact lenses and solution (enough for the semester)
Hair products	Hand sanitizer
Toothbrush and toothpaste	Washcloth
Dental floss	Hair brush/comb
Lotion	Foam earplugs
Aloe vera gel/aftersun	Small packs of tissues
Personal first aid kit (Band-Aids, preferred over-the-counter medications you commonly use: Pepto Bismol, pain reliever, cold medicine, etc.)	

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	Biology Students 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	Math Students: Enrollment in MATH 1110, 1115, 1117, 1118 or higher may require the use of a graphing calculator. If you have one, bring it! If you don't, download the free app from Desmos or use their web-based Desmos Graphing Calculator**.

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

Miscellaneous

- A Type C or Type F travel adapter or converter, depending on the devices you plan to bring and use. [This article will help you understand what to consider.](#)
- Watch/alarm clock
- Waterproof bags for wet/dirty clothes

Optional

- Portable games (Bananagrams, playing cards, etc.)
- Musical instrument (But remember that you have to carry this everywhere!)
- Travel mug
- Reusable straw
- Sleep mask

Additional Packing Information

WHAT TO BRING:

Prescription medication/contact lenses

Make sure you have enough of this to last your entire semester! Bring it with you, as customs don't allow 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, 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 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

A safe means of carrying around your valuables is highly recommended. Although a very safe country, Spain is known for pickpockets. Small wallets and cross-shoulder 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!). Seville staff can give you information on where to purchase a cheap hair straightener and dryer in Seville.

Bedding, pillows, blankets, etc.

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

More resources

- [Packing tips for studying abroad in Spain](#)