

Suggested Packing List for Australia

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring or variations depending on your particular program itinerary. Take into consideration the locations on your itinerary and the time of year you will be in Australia. You may like to check the average seasonal temperatures of the regions you will visit.

Mandatory

- 1 large bag—duffel-bag with wheels, backpack, or suitcase. Maximum weight of 44lb (20kg). Two bags will not be permitted.
- Medium-sized day-pack—water-resistant and big enough for an overnight stay but small enough for a day hike. Use this as your carry-on bag but please remember there is a 15lb (7kg) limit for domestic flights in Australia.
- Flashlight or headlamp with extra set of batteries
- 2 large water bottles—Nalgene or similarly durable bottle
- Small first aid kit—this should include any relevant over-the-counter medications and personal prescriptions. It is important to bring prescription documentation and check that all medications are allowable in the countries you will pass through. Your faculty will also carry a group first aid kit.
- Motion sickness medication (either for sea or bus travel)—please talk with your doctor or pharmacist about the best preventive options for you.
- Sun protection—reef-safe sunscreen, sunglasses, brimmed hat, Chapstick with SPF, etc.



Snorkeling in the Great Barrier Reef Exhibit, Townsville



- Insect repellent—DEET is most effective
- Waterproof notebook, pens, pencils—be prepared to take notes rain or shine, field or classroom
- Information about your first accommodation (hotel, hostel, etc.) in your destination country

Clothing and Footwear

- Sturdy walking shoes/boots—a walking/hiking/running/around-town combo shoe will work. Go for comfort, support, tread/grip, and water-resistance.
- Hiking sandals—Chacos or similar. These are especially useful if you are visiting Queensland.
- Waterproof raincoat
- 1-2 pairs hiking shorts or pants—fast-drying fabrics as they may get wet depending on weather (**not** jeans).
- 1-2 pairs of nice pants—jeans, khakis, skirts, dresses for city wear
- 1-2 nice shirts for city wear
- 1 pair of nice shoes for city wear
- Sweatshirt or polar fleece pullover for chilly evenings
- Swimwear
- Underwear and socks—7 pairs, enough for 1 week between laundry facilities
- 3-4 shirts—t-shirts and long-sleeves. Quick dry t-shirts are recommended for warm weather.
- Nightwear—remember you are sharing a room!



Sydney Harbour Bridge during a winter festival



Other Essentials

- Large travel towel—microfiber recommended
- Toiletries
- Hand sanitizer
- Reusable containers for snacks, etc.
- 1-2 sized dry bags for dirty laundry, hiking shoes, swimwear etc.
- Packable re-useable shopping bag. You can buy these at most supermarkets in Australia.
- Extra set of eyeglasses/contacts (solution is available in-country).
- Universal travel adapter plug to fit angled Australian sockets like these:



- ATM/Check cards and other identification: a credit or debit card, insurance cards, student ID card, driver's license, and passport.
- Photocopies of important documents—leave one copy with your emergency contact and bring one copy in your carry-on. Alternatively, take digital photos of these documents and store them in a secure cloud service.
- Inventory list of items packed in checked luggage (keep in carry-on luggage).
- Luggage tags with your contact details
- An electronic copy of the AUIP Program Handbook.
- A Course Reading Pack, if your course has one. Your faculty will advise you about this.

Optional items

- Camera
- Earplugs and eye mask for shared accommodation
- Travel pillow
- Combination locks for your luggage (airport TSA-compliant for checked luggage)



Walk in the Dry Tropics, North Queensland

- Flip-flops for showers and inside wear – alternatively, use your hiking sandals
- Small purse or bag for city
- Small fold-up umbrella
- Journal

What Not to Bring

Valuable jewellery or other precious items

Appliances – in the U.S., you use 110-volt alternating current (AC); however, other countries use a different system of 220 volts. If you try to use an American shaver, straightener or hair dryer, the high voltage may overheat and destroy the appliance and could shock you or start a fire. We recommend you do not bring such appliances.