

Suggested Packing List for Australia

The following list contains items that previous students have recommended packing. This is not an exhaustive list, and there may be other personal items you would like or need to bring. Remember, you don't need to bring as much as you think you do!

Mandatory

- ☐ 1 large bag—duffel-bag with wheels, backpack, or suitcase. Check the airline baggage size and weight limits for your flights.
- ☐ Medium-sized daypack that is 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 that airlines typically have a 15lb (7kg) weight limit for domestic flights in Australia.
- ☐ Flashlight or headlamp with extra set of batteries
- ☐ 2 large water bottles—Nalgene or similarly durable bottle
- ☐ Medications and 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 the medications are allowable in the countries you will visit.
- ☐ Motion sickness medication (either for sea or bus travel)—please talk with your doctor or pharmacist about the best preventive options for you



Snorkeling in the Great Barrier Reef Exhibit, Townsville

- ☐ Reef-safe sunscreen and Chapstick with minimum 50 SPF
- ☐ Brimmed sun hat
- ☐ Polarized sunglasses with 100% UV protection



- ☐ Insect repellent—with up to 30% DEET
- ☐ Waterproof notebook, pens, pencils—be prepared to take notes rain or shine, field or classroom

Clothing and Footwear

Australia is similar in size to the US. The climate varies considerably over the year and by location; Townsville in summer (December to February) is very different to Melbourne in winter (June to August). Take into consideration the locations on your itinerary and the time of year you will be in Australia. Checking the average seasonal temperatures is recommended. Please be aware that many places will not have air conditioning.

- ☐ 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).
- ☐ 3-4 shirts—t-shirts and long-sleeves. Quick dry t-shirts are recommended for warmer months/locations.
- ☐ Sweatshirt or polar fleece pullover and warm hat for chilly evenings or cooler months/locations.
- ☐ 1-2 pairs of nice pants (jeans, khakis), skirts or dresses for city wear
- ☐ 1-3 nice shirts for city wear
- ☐ 1 pair of nice shoes for city wear
- ☐ Swimwear
- ☐ Underwear and socks—about 7 pairs, enough for 1 week between laundry facilities. In Queensland socks should go above the ankle for additional insect protection.
- ☐ Nightwear—remember you are sharing a room!



Sydney Harbour Bridge during a winter festival

Other Essentials

- ☐ Plug in phone charger. You may also consider a portable power bank but ensure to comply with TSA regulations.
- ☐ Universal travel adapter plug to fit angled Australian sockets like these:



- ☐ Large travel towel—microfiber recommended
- ☐ Toiletries including feminine hygiene products as necessary
- ☐ Extra set of eyeglasses/contacts (solution is available in-country).
- ☐ Hand sanitizer
- ☐ Woolite/laundry soap if you plan to do any hand laundry
- ☐ 1-2 dry bags for dirty laundry, hiking shoes, swimwear etc.
- ☐ Packable re-useable shopping bag. Or, you can buy these at most supermarkets in Australia.
- ☐ Reusable cutlery and containers for packed lunches and/or snacks
- ☐ Debit/credit cards and identification: a debit or credit card is mandatory (but a back-up option for accessing funds is recommended too), insurance cards, student ID card, driver's license, and passport. Remember to set a travel alert with your accounts.



- ☐ 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.
- ☐ Luggage tags with your contact details
- ☐ An electronic copy of the AUIP Program Handbook and your itinerary.
- ☐ Academic materials, such as a Course Reading Pack, if applicable, or laptop. Your faculty will advise you about what is required for your course.

Optional items

- ☐ Camera equipment and GoPro if you have one, with battery charger or extra batteries. Also, make sure you have sufficient space on memory cards.
- ☐ Earplugs and eye mask for shared accommodation
- ☐ Travel pillow
- ☐ Combination locks for your luggage (airport TSA-compliant for checked luggage)
- ☐ Flip-flops for showers



Walk in the Dry Tropics, North Queensland

- ☐ Dive mask (for programs that include snorkeling activities)—if you wear glasses and have a prescription mask, you may wish to bring it. Otherwise, note that snorkels and non-prescription masks will be provided for group activities.
- ☐ Small purse or bag
- ☐ Small fold-up umbrella
- ☐ Journal



- ☐ Small game or book to read/ereader
- ☐ Reusable coffee cup
- ☐ Lifestraw for drinks

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.

Lost luggage

To help mitigate the inconvenience of lost luggage it is recommended the following be packed in your cabin luggage:-

- Two sets of clothes (e.g. 2x socks, 2x underwear, 2x t-shirts, 1x pair of shorts or long pants, 1x warm layer)
- Hiking/walking boots/shoes (or wear these). They are expensive and more difficult to buy
- Rain jacket
- 'Must have' toiletries (in 3.4-ounce or smaller containers, fitting together in one single, quart-size, clear, zippered plastic bag)
- Personal medications