



This list is broken down into two sections:

The Essentials

and

Things You Can Get In DC

**PLEASE...USE YOUR OWN
DISCRETION WHEN PACKING.**

The Essentials

- Clothing that can be layered such as...Long-sleeved shirts, sweaters or fleece jacket (spring/fall/winter), T-shirts and tank tops (tanks are ok for casual wear in DC), pants and/or shorts, dresses and/or skirts.
- Belt, socks, shoes (one casual, one work/class). There are plenty of shoe stores in DC.
- Warm shoes that will get you through some snow (winter)
- Rain jacket, windbreaker or umbrella
- Pajamas/sleepwear
- Underwear
- Glasses and glasses case
- Winter coat, scarf, hat, gloves/mittens (fall, winter, possibly spring)

The Essentials cont.

- Swimsuit or swim trunks (summer)
- Cell phone and charger
- Prescription medication in original packaging with the label/script so that you can refill if needed and not be questioned by TSA. You'll want to make sure you have these in your carry-on bag just in case something were to happen to your checked luggage.
- Copies of prescriptions.
- Electric converters and adapters (ISH-DC tries to keep one at the front desk for "emergencies", but these often go missing as residents forget to return them)
- Mobile device and charger
- Laptop, iPad, or E-reader and charger(s)

The Essentials cont.

- Ethernet cable (for internet)
- Headphones (consider noise-reducing headphones if you're sensitive to sound)
- Camera and Go Pro/video camera, memory card, and chargers
- Passport/visa(s) Always make copies of these in case you lose the originals.
- Personal ID/Student ID card – If you're a student, some companies, like Sta Travel, offer discount cards to ensure you get good deals while on the road
- Cash and credit card(s) – Call your credit card companies before you travel to inform them of your travel (otherwise they might turn them off to prevent perceived fraud)

The Essentials cont.

- Health insurance cards/document(s)
- Travel insurance information
- ISH-DC's physical address: 1825 R Street NW, Washington, DC 20009 (Phone 202.232.4007)
- Transportation tickets (plane, train, bus, car, etc.)
- Emergency contacts and important addresses
- Copies of all these things in case you lose your wallet

Things You Can Get In DC

- Toothbrush, toothpaste, floss, mouthwash (obviously you want to pack these...but you don't need to pack a year's supply of toothpaste)
- Hair brush or comb, hair ties, barrettes/bobby pins
- Deodorant
- Shampoo and conditioner
- Sunscreen and face lotion with SPF
- Make up
- Face wash and/or makeup remover wipes and q-tips
- Night time Moisturizer/Lotion

Things You Can Get In DC

- Lip balm with SPF and lipstick or lip gloss
- Personal hygiene items
- Feminine hygiene products
- Extra contacts, solution, and contact case
- Cologne/perfume
- Personal mini mirror
- Hair products like hairspray, hair gel and beard oil
- Detergent
- Shaving kit and extra razors
- Sewing kit/clothing care kit (ISH-DC has one at the front desk)

Things You Can Get In DC

- Stain remover
- Facial tissues and/or toilet paper
- Scissors, nail clippers, and tweezers (must be in checked luggage)
- First aid kit (bandages, gauze, adhesives, etc.)
- Pain and fever relievers (also children's strength if you are traveling with kids)
- Thermometer
- Cold medicines and throat lozenges
- Diarrhea/laxative medicines
- Allergy medicines

Things You Can Get In DC

- Hydro-cortisone cream/antibacterial ointment
- Multivitamins
- Sunburn relief
- Insect repellent/mosquito net/sting reliever
- Motion sickness pills or bands
- Eye drops
- Hand sanitizer or wet wipes
- Sleeping medicines
- Chap-stick and lotion