

## **Packing Guidelines**

Before you start packing, there are many things to consider. How much can you bring? What is safe to bring? Will you bring it with you to the United States or send it separately? This section will help you understand how to get your luggage safely from your home country to the United States.

### **Airline Baggage Allowance**

There is a limit to the amount of baggage you can take with you on an airplane. The number of pieces of baggage and the size and weight of those pieces determine this limit. Confirm your airline's baggage allowance when you purchase your ticket. Be aware that allowances to North America are often more generous than allowances elsewhere in the world. Regulations are subject to change.

Since most people travel economy class, the following limitations are given as guidelines. To North America, passengers are usually allowed two pieces of baggage, plus one small piece of hand or "carry-on" baggage that can be carried onto the airplane and must be able to fit under the airplane seat. Each piece must not surpass a certain weight and size restriction, as established by the airline. If your luggage exceeds these limitations, you will be asked to pay excess baggage charges.

### **What to Bring With You**

What you bring with you is largely a matter of personal choice. You will have to carry whatever you bring, so it is in your interest to keep it light and compact.

Start to pack early, so that excess weight and bulk can be eliminated and essential items not overlooked. Do not worry if you cannot bring everything, since most goods are available in a wide range of prices in the United States. Small items can be sent by airfreight or through the postal system. Shipping by sea can take several months.

### **Do bring:**

A good bilingual dictionary, since it might not be possible to obtain one for your language in the United States.

All of your essential identification papers and documents, to be carried on your person or in your hand baggage. **DO NOT PUT IMPORTANT DOCUMENTS IN BAGS YOU HAVE CHECKED ONTO THE PLANE - KEEP THEM IN YOUR HAND LUGGAGE** (see "Documents to Bring").

Books, manuals, or journals that you think may be useful for reference in your field of study and that definitely will not be available in the United States.

Pictures of your family, home, and country, for yourself but also to show to your new friends.

Items from your culture, such as musical instruments, recordings of traditional and contemporary music, picture books, arts and crafts, and small gifts, to share your talents and customs with people in the United States. For festive occasions you may consider bringing traditional dress and accessories from your country. This would be a great way to show and tell Americans more about your culture and traditions.

**Things to Leave at Home**

You can obtain a booklet on customs regulations at the consulate or embassy where you acquire your visa. Prohibited items include some foodstuffs, narcotics, weapons, and items for resale. The U.S. Customs Service also provides this information on their website at <https://www.cbp.gov/travel/us-citizens/know-before-you-go/prohibited-and-restricted-items>

**Do not bring:**