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South Korea - Psychology Dr. Kim Packing Guide



Carry-On Bag

Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets, and wheels). You must be able to lift your carryon bag into the overhead locker by yourself.



Carry-On Items

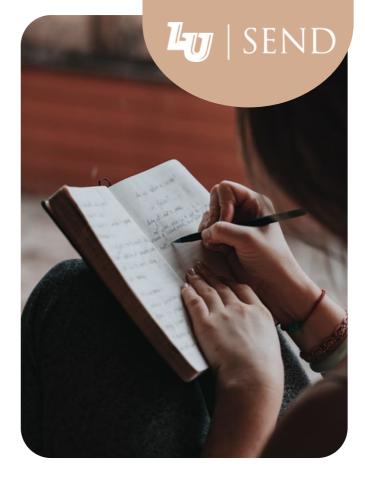
Bible, devotional materials, pencil/pen, and journal
Change of clothes
Neck pillow/earplugs/eye
cover for sleeping
Phone/camera with
appropriate chargers and
memory cards
Toiletries under 3oz in a
quart-sized, clear bag
Advil, Tylenol, and any other
over-the-counter medications
you typically use including all-natural sleep aid (melatonin, etc.)

 Personal prescriptions (must be in original container)
 Snacks (non-perishable, non-melting)

 Spending money (US dollars can be changed at the hotel) or credit cards (check with your bank for international transaction fees).

Playing cards, other small games or reading materials
 Reusable empty water bottle
 ALL 3 of the following :

- Passport
- Driver's License
- Student ID (if residential student)

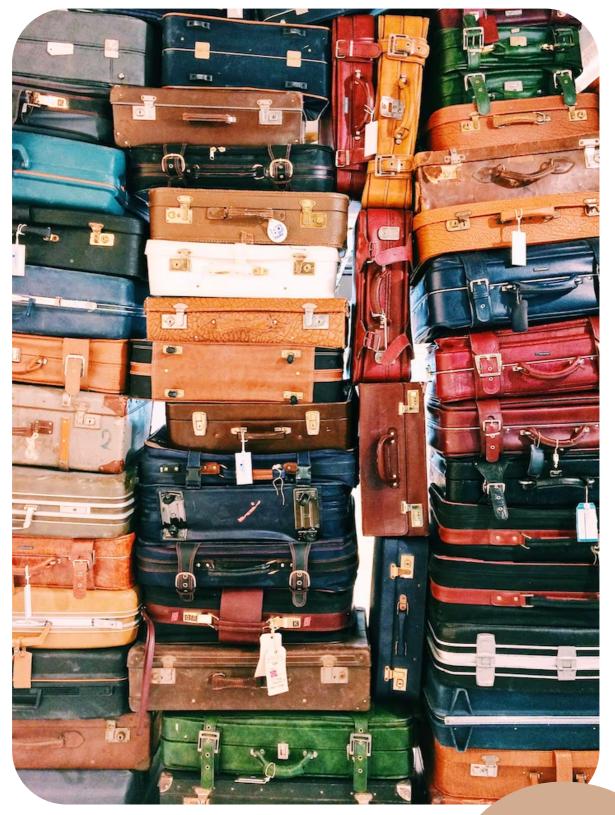


"Adventures are the best way to learn" -unknown



Checked Bag

Can be a suitcase, duffle bag, or large backpack that is under 50 pounds (which you can carry/roll yourself).





Checked Bag Items

□ Clothing & Footwear

- Bring enough weatherappropriate sets of clothing for the days of the trip plus a few extra outfits
- One business-casual outfit for dinner out and/or worship service
- Slip-on pants/skirt/scarf for modesty at holy sites (shoulders and knees must be covered)
- Comfortable walking shoes or sneakers with traction for wet surfaces and with straps or laces
- Flip-flops and modest swim wear (one-piece and shorts for ladies, loose-fitting shorts for men)

Toiletries and liquids beyond3oz

• Shampoo, sunscreen, liquid soap, etc.

 Healthy snacks to last the duration of the trip o Snack bars (especially for those with dietary restrictions)

Umbrella/light water-resistant jacket

□ Travel Scale

 Phone or device with alarm capabilities

 Travel adapter for electrical devices

- Type C: also known as the standard "Euro" plug. This socket also works with plug E and plug F.
- Type F: also known as "Schuko". This socket also works with plug C and plug E.

- Hat
- Travel Towel

Suggested Items from our team at LU Send

- Motion Sickness
 Bracelet
- Keychain Flashlight
- Polaroid Camera
- Gatorade Packets
- □ Fannie Pack

- Detergent Packs
- Travel Size
- Febreeze
- Travel Blanket
- □ Hammock
- 🗆 Kavu

- 🗆 Mini Fan
- Hiking Backpack
- Toilet Seat
- Covers
- Reading Light



Tips & Information

 Call your bank and inform them which countries you will be visiting, and on what days, to prevent your credit card from being declined.
 Check the projected weather of where you are going and pack with this in mind (potentially bring a rain jacket, light sweater, or hat depending on the weather of your destination).
 Be conscientious of clothing modesty and any writing or logos that may be offensive to

different cultures. □ Pack heavy items at the bottom so clothes don't slide around.

Leave room in your suitcase
 for any souvenirs you buy
 while in-country.

□ Tape the lids of liquid bottles to keep them shut. Do not take pressurized spray cans as they may explode in flight.

□ Make a list of everything you packed (Insurance Purposes). Make two copies of all travel documents and leave one copy at home in case your documents are lost or stolen.
Pack as if you will not be able to purchase any necessities you may need at your destination.
Pack as light as possible as you will be carrying your own

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luggage. Consider bringing some clothes with secret pockets to store money and other valuable items when in crowded or large areas to prevent pickpocketing. □ Remove all baggage tags or stickers from previous flights. Label your bags inside and out with your name, destination address, email, and mobile number. Add colorful straps or tags to help identify your bag on the carousel.

□ Adaptor - In Greece, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 5<u>0 Hz</u>.