LUGGAGE:
You are permitted only one suitcase and it should be limited to a size you can handle since you will be responsible for your own luggage. You may also bring a medium-sized backpack as a book bag. Please limit your suitcase to 44 pounds. The linear dimensions of the suitcase should not exceed 62 inches. Remember, you will be carrying it!! PLEASE NOTE THAT ABSOLUTELY NO SO CALLED “HOCKEY BAGS” OR OVERSIZED SPORTS BAGS WILL BE PERMITTED. THEY ARE TOO LARGE AND DIFFICULT TO PACK INTO OUR BUS. Garment bags, backpacks with frames, or fold over suitcases are not permitted since these also pose difficult problems in packing our coach. The ideal bag is a soft-sided 26”-29” rolling Pullman. Be sure to follow TSA guidelines when packing liquids.

CLOTHING:
European summer weather is usually mild and variable. It is best to be prepared by having a wardrobe FLEXIBLE enough for both cool and warm weather with occasional rain. Although dress is usually casual, you should have at least one outfit (corporate dress-up) suitable for visits to business firms, embassies, Parliament, etc. There will be 7-10 visits that require corporate dress-up! For the men, this means a dress shirt, tie, and sport coat or blazer. For the women it means professional appearance and no really short skirts, skin-tight jeans, open midriffs, or revealing low-cut tops, please (exposed cleavage is unacceptable at all times). Laundry is time consuming and expensive when we travel and you should try to bring clothing that is easy to care for. Include as much wash and wear or permanent press items as possible so you can launder them yourself every few days or once a week.

The following list is intended to be a general guide and to help you as you choose things to take. It is a suggested framework and you should feel free to follow your own common sense and personal preference within your own experience as well. (Tank tops for men and women, including “spaghetti” strap tops are permitted only when you are on your own, i.e., at the beach, etc.) Remember that versatile and flexible clothing is the most useful and comfortable.

MEN: Jeans, slacks, shorts, cotton permanent press trousers, sport and dress shirts, tee shirts
Note: Polo shirts are not acceptable for corporate casual

WOMEN: Jeans, slacks, shorts, skirts and casual outfits, closed-toe shoes, easy care dresses, tee shirts

EVERYONE: Windbreaker, light jacket, and folding umbrella
One-two outfits (7-10 visits) for corporate and gov. visits as mentioned above (corporate dress-up)
Several outfits for corporate plant visits and church (corporate casual)
Swimsuit, sweaters and sweat shirt for cooler weather
Travel alarm with battery; pictures of your family or special friends (you will miss them!!)
Note paper (for those taking notes on paper), pens and pencils, etc.
Int’l Student Identification Card (to be provided later)
Bible
APPLIANCES:
All European current is 220 volts and US 110 volt appliances cannot be used without a transformer-converter. Do not confuse the transformer-converter with a plug adapter which only enables you to plug into a European wall outlet... of which there is a considerable variety. We strongly recommend that you purchase dual voltage (110/220) appliances such as hair dryers, curling irons, etc. A laptop or tablet is highly recommended and make sure that it is dual voltage or has the usual small transformer on the electrical cord. A USB memory stick is helpful for writing papers and sharing group information. Remember that even if you have dual voltage appliances, you will need the plug adapters for the continent and England.

MEDICATION AND PRESCRIPTIONS:
Be sure to bring along any medication (in the original container) or prescription form you may require. Be certain to include aspirin, cold and allergy medication you are used to taking. At some point during the summer, you will get a cold or be allergic to something new and you will be glad to be prepared. If you wear glasses or have contact lenses, be sure to bring along an extra set of lenses or pair of glasses along with a copy of your prescription. **PLEASE REMEMBER TO BRING ALONG YOUR OWN COLD MEDICATION!!!**

TRAVEL INSURANCE:
CMI travel insurance is provided by IBI; it is included in the cost of the program. A PDF of coverage and benefits can be found on the FAQ page of the IBI website under the sub-heading Travel Insurance. (http://www.messiah.edu/info/20581/international_business_institute/842/faqs) If you feel this is not sufficient then you will need to use your family medical insurance and/or your college insurance.

MONEY:
The program fee is intended to be as comprehensive as possible and it includes room, meals, as well as all scheduled group activities and excursions. Whenever we do not take meals as a group or have a packed lunch, there is a modest meal allowance when students are on their own. Students are generally very ingenious in getting good value by going to the supermarket and preparing their own meal. Big eaters might plan on bringing extra money to supplement the meal allowance over the summer. You will also need some funds for personal expenses such as postage, snacks, laundry, souvenirs, individual excursions or travel apart from the group. **Please remember that students are not permitted to rent a car, even if eligible, while on the program.** Since individual interests, tastes, and activities vary a great deal, it is difficult to advise on an exact amount required. However, a survey of students from previous years has indicated a range of $1,200.00 to $1,700.00.

Students have found that they can access ATM machines at many points with their credit or debit card and you may want to make arrangements for this prior to your departure. Many students have felt that this was the most efficient and least expensive mode of securing money overseas. Be sure to check on the procedures before your departure. Travel Money Cards from AAA also work well. Bring along at least $200 in cash as traveling money.

Personal checks cannot be cashed overseas and remittances from your parents may be difficult to negotiate. In an emergency, an official bank check could be sent by express mail and we will assist in cashing it. Wire payments can be made though American Express and some major banks with offices in the larger European cities. But remember this is very time consuming and usually costly. Credit cards are widely accepted in Europe and Asia but be cautious since card fraud is common. **Make a photo copy of your credit cards in case of loss or theft and know the number to call if your card is lost or stolen.**
MAILING AND COMMUNICATION:
Letters, cards and packages should be sent by AIRMAIL or PRIORITY MAIL only. Telephone communication is still fairly expensive and many hotels put a surcharge on calls even when you use your own calling card. Increasingly students use their Smart Phone or cell phone to communicate with home. The charges are, of course, higher than in the U.S. Be sure you know exactly how much you will be charged for cell phone use. Check out Skype. Many have used this and it works great in most places. Facetiming is also a possibility.

INDIA AND CHINA

LUGGAGE:
The previous guidelines are sufficient.

CLOTHING:
India will be extremely hot (85-95°F). While our hotel accommodations, classroom and coach will be air conditioned, our visits will take us outdoors. Be sure to have light colored and light weight clothing for these occasions. Breathable fabrics (100% cotton) and short-sleeves are recommended. Our latitude in China will be that of Philadelphia and Chicago so expect similar weather.

APPLIANCES:
India and China current is 230/220 volts so a transformer-converter will be needed. Plug adapters may also be needed but generally not in the hotels we use.

MAILING AND COMMUNICATION:
Letters and packages should not be sent to India and China. London should be the last city for students to receive such mailings from the U.S.

HEALTH AND SAFETY:
A separate document providing guidelines for India and China has already been sent to you. Please read it and take whatever action is required.

PRE-DEPARTURE ORIENTATION:
An orientation session for India and China will be held during our time in London.