

AU PAIR ESSENTIALS

Packing List

Clothes

- ☐ T-Shirts/Shirts
- ☐ Pants/Shorts
- ☐ Underwear
- ☐ Socks
- ☐ Sleepwear
- ☐ Jacket/Sweater
- ☐ Jacket
- ☐ Swimwear
- ☐ Shoes
- ☐ Special event outfits
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Extras

- ☐ Neck Pillow
- ☐ Earplugs
- ☐ Travel Blanket
- ☐
- ☐
- ☐

Toiletries

- ☐ Toothbrush & toothpaste
- ☐ Deodorant
- ☐ Shampoo & conditioner
- ☐ Body Wash or soap
- ☐ Hairbrush
- ☐ Makeup & skin care
- ☐
- ☐
- ☐

Electronics

- ☐ Phone
- ☐ Adapters
- ☐ Headphones
- ☐ Laptop/Tablet
- ☐ Charging cables
- ☐

Notes:

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Miscellaneous

- ☐ Gifts
- ☐ Photos from home
- ☐ Favorite Book
- ☐ Favorite snacks
- ☐ Purse or small bag
- ☐ Reusable water bottle
- ☐ Notebook or journal
- ☐
- ☐

Documents

- ☐ Passport
- ☐ Tickets
- ☐ Wallet & payment options
- ☐ DS-2019 forms
- ☐ Emergency contact information
- ☐ Host Family contact information
- ☐