Universidad Nacional Andres Bello

PACKING GUIDELINES for a Summer in Santiago, Chile

Winter begins in June and lasts through September: Even though this is the coolest time of year, the average temperatures rarely drop below freezing. Think San Francisco in winter. You’ll want to bring a coat and a few sweaters, as well as comfy walking shoes. Remember, we also have a couple of nice dinners planned, so bring a little something special (and warm!).

June/July: 35°F - 58°F

Here’s a suggested packing list. It’s up to you to make adjustments to best fit your needs!

You will want to pack light! About 90% of returnee students report that they wished they had brought less. You should be able to carry your entire luggage, unassisted, for at least 20 minutes and be able to lift bags as needed. We recommend a maximum of one carry-on and one checked bag for departing trip. Do not bring anything of great value as you are at your own risk. Travel Study is not responsible for any lost or stolen items. Always carry a copy of your passport with you (i.e. in your wallet or purse); pack two or three copies of your passport and credit cards: place one in your carry-on and one or two in your checked bag.

PACKING WISDOM:

A. LIGHT LAYERS: no heavy + bulky! focus on mixing & matching layers for rain, snow, warmth and style
B. CROSSOVER + NEUTRAL: stuff that can be dressed up or down
C. LESS IS MORE: Keep it simple- remember you can always shop abroad. Shoes are heavy try to limit them.
D. THINK WATERPROOF outer layers

PACKING STRATEGIES TO CONSIDER:

1. DO A TRIAL RUN: Take everything you would ideally want to bring and arrange it on your bed. Now divide it in half! Or at least take away a third!
2. DON’T GET OVERWHELMED: Pack as if you’re going away for 7-10 days instead of 30-35. Let’s face it, you already have a set of clothes you tend to use, so don’t feel the need to bring stuff you normally don’t wear (aside from the fancy/formal stuff)!
3. TEST-DRIVE YOUR BAGS: Once you’re packed, carry/roll/schlep all of it around the block twice, and up and down two flights of stairs. If it’s cumbersome, repack and try again.
4. WEIGH YOUR BAGS: Consider the restrictions your airline has for bags.
5. BRING AN EXTRA BAG IN YOUR LARGE BAG: A duffel bag that you can lay flat inside your suitcase is best. It will be useful for weekend trips and extra items you bring home.
THE PACKING LIST:

Santiago is a thoroughly modern city. Merchandise available in the U.S. can be purchased there, so it is not necessary to over pack consumable items! Bed linen, pillows and towels are provided in the hotel rooms.

Remember, these are just guidelines. Don’t blame us if you bring an umbrella and it never rains! Also, you’re not going to Mars...so pack light and know that you’ll have resources (supermarkets, etc.) to purchase stuff abroad. Specific questions should be directed to your overseas program reps or use the web to research...of course you can always contact us! 😊

Clothes (merely suggestions--choose your own variations of quantities) for WINTER dress:

- Shirts: 4 short sleeve + 8 long sleeve + 4 tanks or T’s
- Pants: 2 pairs of jeans + 2 pairs of pants (maybe khakis)
- Shorts: 2 or 3 pairs (girls: shorts and/or skirts) Remember it will be winter!
- Sweaters/Sweatshirts: 2 or 3 of each and an additional hoodie for girls
- Jacket: 1 heavy, 1 lightweight, water resistant with hood
- Socks & Underwear: 15 pairs
- Sleep/lounge wear: 1 set, long pants
- Swimsuit
- 1-2 dressy outfits (if not already covered in the above list) for formal halls

Students Say: “Chile can be cold during winter. Bring clothes that will keep you warm.”

Laundry: There are no laundry facilities provided by either the hotel or the school. Try and pack at least 2 weeks worth of clothes so that you do not have to go to the dry cleaners every other day. It costs about $7 US per load of laundry at the dry cleaners (washed & dried).

Shoes and Accessories:

- Shoes (1 pair of each): comfy lightweight warm walking shoes, sandals if you can’t resist, nice shoes (for dinners or outings)
  Students Say: “Girls will need a nice pair of heels for the formal dinner, nice dress for the dinner and, a few "going out" clothes. Bring shoes for hiking (they'll get dirty)!”
- Accessories: 1 Hat, Belt, Pair of Sunglasses
- Umbrella and/or Poncho (you can buy an umbrella in Chile for less than $2)
- Ladies purses must zip closed, no outside pockets.

Health and Hygiene:

- Toiletries: Toothbrush, Toothpaste, Deodorant, shaver, Travel Size shampoo, conditioner, brush, gel (all liquids should be in a sealed bag) etc. (consider buying a hair dryer/straightener overseas)
- Saline solution + extra contacts and/or prescription glasses, case, and cleaning towel
- Small hand towel (bath towel and bed linens are otherwise included),
- First Aid/Medical: Band-aids, sun block (SPF 30 or higher), lip balm (SPF 15), pain relievers, anti-diarrheal, antihistamine, prescription medication to last the entire trip / Allergy medication, and Bug repellent (w/ DEET). Ask your doctor about other preventative or necessary medications.
— Travel Size Hand Sanitizer
— Miscellaneous: Small nail clippers, sewing kit, safety pins and ear plugs

Items you need:

— You may want to bring your iPod, CD or MP3 player. All standard US electrical appliances will need a Converter and Adaptor: Chilean electricity is 220 volts at 50 cycles. It is advisable that you buy a converter and adaptor in the U.S. but they can be easily and inexpensively bought in Chile.

— Passport, copies (2) of passport, credit cards, ATM cards brought with you, additional insurance and medical info (if applicable)

   * Keep two or three copies of your passport, credit/ATM card (front and back), prescription and return plane ticket separate from original documents*

— Contact information of Chilean program contacts for arrival
— Print out airport directions provided by Chilean program contact
— Watch/clock with alarm (clock must be battery operated)
— Security goods: Money belt + Locks for luggage
— Ziploc baggies (just a few- always comes in handy)
— School stuff:
  o Textbooks, if applicable, should be purchased prior to departure. School books will not be available from the UCI bookstore, and should be purchased from an outside provided.
  o notebook, paper, pens, pencil (consider buying these overseas)
— Day pack/Backpack (day use) and/or duffle bag (weekend trips) as necessary
— Pocket tissues (plenty for your stay)

Students Say: “Don’t forget your poncho and/or umbrella, and clothes for both warm and cold weather (the weather is cold and hot...so be prepared!!). Also bring a bathing suit in case you swim on a weekend trip.”

Items to consider:

— Pick a suggested book and/or map that is student-friendly:
  o Lonely Planet Series
  o Rick Steve’s
  o Let’s Go Series
  o Rough Guide Series
— Digital goodies: laptop, MP3/iPod player, cell phone, camera (w/ extra film or memory card), extra batteries and any necessary chargers
— Small laundry soap and fabric softener for hand washing
— Travel Journal + Guidebook(s), dictionary and phrasebook
— Reusable water bottle
— Small album of personal photos to share (your family, friends, previous travels, etc)
— Pre-addressed mailing labels (really saves time when you’re writing a ton of postcards!)