



## What to Bring to Marist

Pack lightly when you travel to Marist University. This will make your traveling easier. You can purchase many needed supplies in the United States.

Remember to pack your valuable or hard to replace items in your carry-on. Do not check medications, original transcripts, or other items which would present challenges if they were lost.

Items to bring with you:

- Passport
- Tickets and Itinerary
- Original transcripts - semester memos, consolidated memo, and provisional certificate
- Copies of all documents, either on paper or electronically stored
- Clothing for both hot and cold weather. You can purchase more clothing in the United States. Cold weather clothing is best purchased in the United States so you are sure it is warm enough to keep you comfortable in New York winters.
- You may want to use Space Bags to remove air and help more clothing pack in a small space. These bags let you squeeze out air and condense your clothing. Bags can be bought at [www.amazon.com](http://www.amazon.com), [www.target.com](http://www.target.com), or other stores.
- Arriving in August you can find warm or cool conditions.
- Arriving in January you will find very cold conditions.
- Pack jeans or other full-length pants, layers of tops, and closed shoes if you arrive in January. Bring a coat if you arrive in January, or plan to buy one soon after arrival. Check internet web sites for size conversion charts. Purchase a coat that is sold in the United States to make sure it is warm enough for winter here.
- Chargers for your electronics including your phone
- Power converters/plug adapters for your electronics. You can buy power converters in the United States.
- Packing converters will help you recharge your devices as soon as are in the USA
- United States of America power sockets are 120Volt, 60Hz, Type A/B
- Medical history either printed or electronically stored
- Medications and doctor's information if you need to acquire continuing prescription medication in the United States. Have a written diagnosis from your doctor. You will need to see a United States doctor and have an exam if you need prescriptions created in the USA.
- Aspirin, ibuprofen, acetaminophen, or other pain reliever

- Health Insurance Card if you carry additional health insurance beyond what Marist University provides. You will receive your Marist University Health Insurance information at Orientation.
- Approximately \$300 USD for immediate expenses like food. Usually \$20 bills and smaller are preferred at most businesses.

Items to purchase in the United States:

- Warm clothing for the months of October through March
- Bed linens
- Most students need to purchase a bed, desk, and dresser.
- Shampoo, soap, laundry detergent, deodorant, and other personal care items
- Cell phone for use in the United States. If you have a cell phone that uses a SIM card, you may be able to use your current phone once you establish service with a United States provider and get a replacement SIM card.
- Dishes and kitchen items
- Towels and washcloths
- School books, paper, pens, other supplies as needed