

## Items to pack in your carry-on bag

Carry all of your immigration documents with you. This includes:

- I-20 or DS-2019
- Passport
- SEVIS I-901 fee payment receipt
- Copy of travel itinerary
- Contact information and address for arrival destination

**Do not put documents in your checked baggage. You will need them at your point of entry into the U.S.**

You may also experience flight delays that prevent you from arriving on campus at the expected time. It is wise to have medications, a change of clothes, and any necessary toiletry items in a bag that you keep with you on the plane.

## Items to pack in your suitcase

- **International Cell Phone:** UP will have **CampusSIMS** cards available to new students in August.
- **Flip flops/shower shoes**
- **Toiletries for 2 – 3 weeks:** soap, shampoo, toothbrush & toothpaste, over the counter medication for colds & flu, cough syrup, etc. You can buy more supplies at the local grocery store.
- **A light blanket, sheets and pillow.** You can purchase a heavy blanket during your first week, but you may want a light blanket, sheets and pillow for your first night. Campus dorm beds are “twin extralong” size and linens are not provided.
- **Bath towels, washcloth**
- **Medical information** including the name of your **health insurance carrier**, their address and **group and/or policy number**. Bring 1-2 months of your prescription medications if applicable.
- **Umbrella and raincoat and/or wind-breaker jacket.** The weather can be quite wet and cold for students coming from warm climates. We recommend having an all-weather coat that will perform in windy, rainy, cool, and sunny weather.
- **A few snack items you like from home.** This will really help as you are adjusting to the new diet. *Avoid fresh fruit, vegetables, meat-based products or flavoring. They may be banned from entry to the US.*
- **Photos of friends and family from home**
- **Small winter clothing items like warm socks, gloves, scarves and hats.** Portland’s winters are relatively mild, but temperature can get very low and snow can happen!
- **Your traditional cultural dress:** There will be occasions throughout the year for you to share your cultural identity with the campus. Some international students like to have their traditional garments available for these events.

## Suggested items to acquire after arrival

- **Extra bath towels and a bathrobe.** A shower caddy may also be helpful.
  - **A winter jacket:** a water-proof and insulated jacket works best for Portland's wet winters.
  - **Heavy blanket for fall and winter**
  - **A few dishes, eating utensils, glassware, a small rice cooker, and a hot water kettle.**
  - **A laundry basket or laundry bag and an iron.** Each traditional hall has card-operated washers and dryers. Halls also provide ironing boards, but no irons.
  - **School supplies: pens/pencils, scissors, stapler, backpack, etc.**
  - **Cell phone.** During your first week feel free to ask orientation coordinators and ISS staff for suggestions on cell phone plans. *Or you may bring your own international phone, and take advantage of CampusSIMs ([www.campusSIMs.com](http://www.campusSIMs.com)) mobile SIM cards available at UP in August.*
  - **A computer.** The University of Portland computer labs are equipped with both Mac and PC computers if you choose to leave your computer at home. All the halls have ethernet LAN access in each room and all buildings are wireless.
  - **A fan;** air conditioners are not permitted. Please note that Corrado, Fields & Schoenfeldt Halls, and Haggerty/Tyson Halls are air conditioned.
  - **An approved surge protector/power strip.** Most rooms have three or four wall outlets. Non-grounded extension cords without surge protection are not allowed.
  - **A bicycle and helmet.** Storage is available in each residence hall. We urge you to use a bicycle lock at all times. Public Safety recommends the "U-Lock". You must also register your bike with Public Safety.
  - **Masking tape for hanging posters;** stick-ums and blue/fun tack are not allowed.
  - **Furnishings:** desk/wall calendar, clothes hangers, etc.
- Items to discuss with your roommate before purchasing**
- **A refrigerator.** One per room - size to be limited to less than four (4) cubic feet.
  - **A microwave.** One per room. We recommend a compact microwave, since there are cooking facilities with full-size microwaves available for resident use in each hall. Microwaves with toaster attachments are not allowed due to the fire potential of the toasting element.
  - **A memo board for your room door.** Must be tape-back type and not screw-in type.
  - **Television, stereo, gaming console, etc.**

## Some convenient sources to buy dorm and household goods in the US are:

**Fred Meyer** ([www.fredmeyer.com](http://www.fredmeyer.com)) 6850 North Lombard Street, Portland, OR 97203

1 mile / 1.6 kilometers from campus | Also sell grocery and pharmacy items

**Target** ([www.target.com](http://www.target.com)) 1555 N Tomahawk Island Dr, Portland, OR 97217

5.6 miles / 9 kilometers from campus | Also sell clothing, grocery and pharmacy items

**Ikea** ([www.ikea.com](http://www.ikea.com)) 10280 North East Cascades Parkway, Portland, OR 97220

9.2 miles / 14.8 kilometers from campus | Affordable household items and furniture