



## Preparing Future FHSU Tigers to Travel

1. Important contact information – Know where the International Student Services Office is located in the Memorial Union 014, our office phone number 785/628-4176, and emergency cell phone number 785/259-0005.
2. Label Your Luggage – Label all of your luggage, inside and outside with your name and your address at Fort Hays State University. If you do not have an address yet, you can put your name and C/O the address of the International Student Services Office, 600 Park St., Memorial Union 014, Hays, KS 67601.
3. Check with the airlines to learn about their policy regarding luggage – Most airlines allow international travelers to check two pieces of luggage, up to 50 pounds, and to bring one small carry-on. Make yourself aware of your airline's policies and their weight limits.
4. Limit number of luggage – You will no doubt acquire things while you are in Hays and America. When packing for your trip, try to limit yourself to the 2-bag rule so that you do not have too much luggage when you return home.
5. Pack all valuables in your carry-on bag – This includes traveler's checks, cash, credit cards, identification cards, visa, passport, medical documents, and medications.
6. Keep your passport with you at all times – In addition, bring two photocopies with you and store them in different locations. Keep your I-20/DS-2019 and passport with you at all times.
7. Keep in touch with your relatives – Understand that this is going to be a stressful experience for your relatives. Please be sure to remain in contact with them throughout your trip so that they are aware of your well-being. In addition, also leave with them copies of your passport, visa page, travel itinerary, and overseas contact information, as well as, credit card numbers and other important information.
8. Cultural Artifacts - If possible, please bring along pictures, souvenirs, artifacts, clothing, or other traditional items from your country. You may be asked to tell community groups or schools about your country.
9. Health – A Tuberculosis (TB) screening is required at FHSU. You must have the TB screening done on campus once you arrive during orientation. FHSU students living in the Residence Halls are strongly encouraged to receive the meningitis vaccine. You may choose to have this vaccine in your home country. **Bring immunization records with you.**
10. Technology – If you have a laptop, you may bring it. Make sure that the systems, applications and programs are installed in **English**.



## General Suggestions: What do Future Tigers Pack?

A. Clothes – winter is cold in Hays and summer can be very hot. You will need both warm and cold weather clothing items. Pack the following, or plan to purchase once you arrive:

- \*Heavy coat/jacket
- \*Sturdy, comfortable walking shoes
- \*Shirts/blouses/sweaters
- \*Pair of dress shoes
- \*Pants, belts
- \*Pair of sandals/flip flops/shower shoes
- \*Shorts
- \*Socks & underwear.
- \*Bathing suit

B. Toilet/Bathroom Articles – Please note that these items will be available for you to purchase in Hays. If you have a preferred or trusted brand that you feel most comfortable using, pack them along. Among the suggested items are:

- \*Comb/brush
- \*Over-the-counter medicines
- \*Toothbrush/paste
- \*Basic bathroom supplies
- \*Hand/body lotion
- \*Mini/travel size hair dryer
- \*Contraceptives
- \*Contacts/eyeglasses
- \*Medical prescriptions
- \*Deodorant

NOTE: Electrical current in the U.S. is 110 volts and 60 cycles. Therefore, for any appliance you bring with you, such as personal computers, hair dryers, alarm clock, etc., you may need a plug adapter and a transformer.

C. Bedding & towels - Bring, or plan to purchase once you arrive, sheets (extra-long twin size 39 inches x 80 inches), blankets, pillow for your bed.

D. School supplies - These items will be available to you for purchase in Hays, so use your best judgment when allotting luggage space for these items.

E. Miscellaneous - Again, these items will be available to purchase once you are in Hays, so use your best judgment when allotting luggage space for these items.

- \*Alarm clock w/extra batteries
- \*Personal computer
- \*Small flash light
- \*Camera
- \*Cell Phone
- \*Compact umbrella/rain gear
- \*Extra passport photos
- \*Open mind/flexibility/patience/humor
- \*Ipod

NOTE: Use caution when travelling with expensive items. Ensure its safe keeping. In addition, make sure you are aware of adaptability in the U.S, and bring your computer's purchase receipt in case you are questioned at customs.