



What to Bring, Buy Here and Leave at Home

What should I pack?

As little as possible! Bring only what you need or truly can't replace or buy here. There will be shopping trips during international student orientation and other opportunities to shop throughout the semester, so don't bother packing large amounts of toiletries, school supplies, or other easily replaced items.

Carry-on bag: What is absolutely essential for the first few days, in case your luggage is lost?

Checked luggage: What will you really, really need first few weeks or first month of school?

Purchased here after you arrive: (see suggestions for each category below.)

What should I carry with me on the Airplane?

Immigration documents, including your passport/visa, I-20, documents showing financial support, and admission letter from Maryville.

Cash: You'll want US currency to pay for any kind of emergency. Bring \$100 more than you think you will need to pay for transportation, if you choose not to be picked up by Maryville at the airport. It's not easy to change foreign currency in St. Louis, so don't rely on bringing large amounts of your national currency or using airport exchanges. You will have the opportunity to open a bank account here and withdraw cash with your ATM card throughout the year as necessary.

Cash/credit cards: Major credit cards, debit cards, and ATM cards can be used to charge purchases or get local currency. Check to see if your local cash card is part of a global network, such as Cirrus or Plus. Bring it in case your need to withdraw cash.

Card numbers and other vital financial information: Carry a list of your card numbers with you. Do not pack it in your checked luggage!

Record of your required immunizations and any other required health forms. Contact our health and Wellness Center through this link to get more information on health records: <https://www.maryville.edu/studentlife/services-programs/health-wellness/>

Have your doctor complete the health form available on this link before you leave your country: <https://www.maryville.edu/studentlife/services-programs/health-wellness/health-forms/>

If you are on any special medication, make sure that you will have a sufficient supply. You may wish to consult your doctor about generic names of the drugs you must take rather than specific brand names.

Your doctor should indicate on your health form any medication you must continue taking. Prescriptions written outside U.S. may not be accepted here, so your doctor should provide a complete description of any medication you take and the reasons for taking it.

Laptop computer: If you choose to bring it with you, carry it. You may wish to purchase one here. Some students also choose to use the computer labs available in different buildings around campus and purchase a computer only later, if at all. All traditional, full-time undergraduate students receive an Ipad, free of charge. When you graduate, it is yours to keep, so do not bother bringing yours. Here is more information on *Digital World*: <https://www.maryville.edu/digitalworld/>

Small electronics: iPod, camera, or any similar items

Clothing for a couple of days—change of shirt, underwear, etc. You may wish to bring small toiletry items too, but be careful of the limit on size and quantity imposed by security restrictions.

Comfort items, such as a travel pillow, lightweight throw, and small towel will be useful during your journey. You can also use them in your room upon arrival, since it may be a day or two before you can get linens for your bed.

What Should I Check-in with my Luggage on the Airplane?

Seasonal clothing, including jeans, a couple pairs of shoes, a pair of sandals, some short and long-sleeved shirts/blouses, some sweaters or sweatshirts, a lightweight jacket or raincoat, an umbrella. You may want some shorts. Pack a bathing suit, just in case! You may want to bring one dressier outfit, but in general students here dress casually. Bring a traditional outfit of your home country to wear on special days/occasions. If you are coming from a country where weather does not fluctuate and seasons are not observed as distinctively, you will have the opportunity to buy seasonal clothing here (for example: students from warmer parts of Africa such as Ghana, may want to get some winter clothing for the cold days in St. Louis).

One set of towels; Maryville provides a limited number of linens (bed sheets) for the first week to a limited number of students who come in at the time of day when they are not able to shop, but you'll need linens and towels of your own after that.

CDs, computer games, or other favorite items from home.

Photos and small mementos of home—your friends will want to see these! Bring one national festive outfit if you can, since you may wish to wear this for special occasions or events.

List of home and Maryville emergency contact numbers: Make sure your Maryville address (650 Maryville University Drive, St. Louis, MO 63141 U.S.A) is on your luggage tag and also on a prominent card or paper inside your luggage!

What should I NOT bring?

Electrical appliances: If you bring electrical appliances with you, be aware that you will have to adjust the voltage of your appliances from 220 to 110. Many appliances have a switch built in so that they may be used both overseas and in the U.S. If you need to buy a converter, check to be sure that you get one that can handle the amount of power you will need to use. You'll most likely find it cheaper and easier to purchase these things here.

Cell or mobile phone: Your home cellphone may not be compatible with US technical requirements, and it is likely to be easier and cheaper to get a phone here with international calling options. You will find a handout with cell phone provider and payment options in your welcome packet when you arrive here.

Available Amenities:

Please check various residential life facilities under this link:

<https://www.maryville.edu/studentlife/campus-life/residential-life/>

Cable

Each room has cable TV service, including extended basic cable and two premium channels (HBO and Showtime). Students supply their own coaxial cable to connect from the cable jack to a television. (Suggestion: Purchase a coaxial cable with screw-on connects as other connectors allow too much signal degradation.)

Wireless/Ethernet

All residential living spaces are wireless-equipped. Each residence hall room and apartment bedroom have one Ethernet 100 Base T network connection that allows students to connect to e-mail, the Internet and all computer lab applications.

Laundry

Free laundry facilities are available to students in both the residence halls and apartments.

Kitchens

Mouton Hall has a community kitchen on the ground floor stocked with appliances, pots and pans, and various utensils. Students are encouraged to utilize this space, but are responsible for cleaning the area after each use. Cookie and T.R. Jr. Potter Hall does not have a community kitchen, but is equipped with a beverage station (coffee, tea, and hot chocolate), a popcorn machine, microwave, and toaster oven for the student's convenience.

Parking

Parking is free on campus with a valid Maryville parking permit. Parking permits can be picked up from the Public Safety office.

Necessity Checklist

Absolute Necessities	Where to buy
Notebooks	US
Pens/Pencils	US
Highlighters	US

Post-Its	US
Calculator	US
Folders	US
Hangers for clothing	US
Personal medication	US/Home
Cell Phone	US
International Calling Plan	US
Alarm Clock	US
Desk Lamp	US
Container for Shower Accessories	US
Laundry Basket	US
Laundry Detergent/Fabric Softener	US
Pillow Cases	US
Linens (Bed sheets)	US
Towels/washcloths	US
Blankets/Pillows	US
Crates for Storage/under bed storage bins	US
Battery	US
Alarm Clock	US/Home
Glue/scissors/ruler	US

Loose-leaf notebook paper	US
Scotch Tape/stapler/paper clips/index cards	US
Soap	US
Mattress Pad	US
Optional Items	
Small bookshelves	US
Floor Lamp	US
Small Refrigerator	US
Sports Equipment	US
Throw Rug for the floor	US
Flashlight and batteries	US
Pictures/posters	US
Tissues	US
Key Chain	US/Home
Plates/bowls/cups/mugs/knives/forks and spoons	US
Personal toiletries	US/Home
Soap Dish	US
Music player (MPS player/docking unit)	US
Sewing Kit	US/Home
Dry Erase Board Markers	US

