



Preparing for your arrival

Moving to a new country is an exciting venture. However, packing for the big move can be daunting. We hope to give you an idea of the items you should pack from home*, items to purchase after you arrive, and items you will want to discuss with your roommate(s) before purchasing.

The Campus Connectors are student leaders who plan events and programs to help new students feel comfortable in their first year. They created an international student exchange of goods that includes items donated by graduated international students for use by new students. When you arrive on campus, stop by the ISS office to check out what may be available. Typically school and desk supplies, hangers, kitchen supplies, or linens are in the mix.

If you have any questions or need further suggestions, please contact the Campus Connectors at iss@up.edu. For questions about off-campus living needs or suggestions for shopping, feel free to contact the Campus Connectors or the ISS office.

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 extra-long” size and linens are not provided. ISS will have a limited number of sheet sets available for purchase when you arrive for orientation, please email iss@up.edu for more information.
- **Bath towels, washcloth**
- **Alarm clock**
- **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 rain coat 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.

*Small items/textbooks may be shipped to your campus dorm or to you in care of the International Student Services office before you arrive. To send an item to campus before your arrival use the following address:

(Your Full Name)
c/o International Student Services
5000 N Willamette Blvd, MSC 178
Portland, OR 97203
USA

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) 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:** alarm clock, 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) 6850 North Lombard Street, Portland, OR 97203
1 mile / 1.6 kilometers from campus | Also sell grocery and pharmacy items

Target (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) 10280 North East Cascades Parkway, Portland, OR 97220
9.2 miles / 14.8 kilometers from campus | Affordable household items and furniture

Amazon (www.amazon.com) online shopping only
Good source for used textbooks. | Students get 6 months of free two-day shipping through Amazon Student (www.amazon.com/Join-Student)