

# Visiting a Host Family: A Packing List

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What does your child need to bring to visit a host family? It's a question many parents ask.

We've provided you with a handy checklist along with some packing recommendations. You can pack your child's belongings in a light suitcase or a duffle bag. And please, if you don't already own all the items we've listed, don't feel that you have to go out and buy them. These are guidelines only.

## Clothing

- |  |  |
|--|--|
| <input type="checkbox"/> Underwear   | <input type="checkbox"/> Shorts                          |
| <input type="checkbox"/> Socks   | <input type="checkbox"/> Light Jacket                    |
| <input type="checkbox"/> Shirts ( <i>some long sleeve</i> )                        | <input type="checkbox"/> Jeans / pants                   |
| <input type="checkbox"/> Sweatshirt ( <i>at least one</i> )                        | <input type="checkbox"/> Pajamas                         |
| <input type="checkbox"/> Sturdy shoes, sneakers ( <i>with shoelaces</i> ) or boots | <input type="checkbox"/> Bathing suits / swimming trunks |
| <input type="checkbox"/> One nice outfit ( <i>just in case</i> )                   |  |

## Personal Hygiene

- |   |   |
|---|---|
| <input type="checkbox"/> Toothbrush, toothpaste | <input type="checkbox"/> Brush / comb / hair supplies |
| <input type="checkbox"/> Soap & deodorant       | <input type="checkbox"/> Body lotion                  |
| <input type="checkbox"/> Shampoo / conditioner  |   |

## Miscellaneous

- Paper, pens
- Envelopes, postcards, stamps
- Insect repellent (*lotion or pump, NOT aerosol spray please*)
- Sanitary napkins / tampons
- Medicine (*prescription and over the counter*)



## Recommendations

- **Pack for two weeks**, but do keep in mind that most host families have washing machines.
- **Mark your child's clothing** before you pack. That way, it won't get mixed up with your host family's clothing.
- **Keep valuables at home.** This is a casual visit, so no jewelry is necessary.
- **Don't bring sheets, blankets, or pillows.** Your host family will provide them for your child.
- **Keep valuables at home.** This is a country setting, so no jewelry is necessary.
- **Provide all prescription medications** that your child needs for two weeks (or the length of time they are staying with a volunteer host family).

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