

Packing List

Cultural Baggage

Even experienced travelers and people who have lived in other parts of the world go through a period of cultural adjustment when moving to a new place. You will experience many differences and many similarities that you may not have initially anticipated. Some of these experiences can be pleasant and funny, and at times irritating and frustrating.

Distance and time differences have a huge impact on relationships, as such we urge you to:

- spend time with your loved ones, as it will be months before you see them in person again.
- Refer yourself to our [👉 Cultural Adjustment resources page](#)

Bed Sheets & Towels

There will not be bed sheets in your room, but there will be a shopping trip during *Transitions* (to a place like Wal-Mart) where you can purchase linens and other necessities.

Misc.

In your carry-on, make sure you have your:

- Passport
- I-20 (F-1) or DS-2019 (J-1)
- SEVIS fee receipt
- Admission letter to JMU
- Travel voltage converter for charging electronic devices
- Medicine and prescriptions

In case your luggage is lost.

Ask them to deliver the luggage to:

JMU's Center for Global Engagement
100 East Grace Street
Harrisonburg, VA 22807

Have them contact:

Thomas Lavenir Cell: (540) 568-7314

Remember to refer yourself to the

- [👉 New International Graduate Student](#) webpage for additional information
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