

University at Albany  
International Student & Scholar Services  
WHAT TO BRING TO THE U.S.A.

**Clothing:** Because of seasonal variations in the climate in Upstate New York, you should bring both lightweight and heavyweight (or bring enough money to purchase needed items here). Temperatures will vary greatly, with the coldest temperatures generally in January and February (0°C to -10°C). The warmest months are July and August (24°C to 32°C).

Most students wear casual clothing – usually jeans and sweatshirts in cooler weather and shorts and t-shirts in warm weather. On a few occasions you might need more formal attire for a special event. Overall, however, informal and comfortable clothing is practical for everyday. Here is a helpful checklist for the types of clothing that will be useful in Albany:

- Jeans
- T-shirts
- Sweatshirts
- Sweaters
- Dress Outfit
- Shorts
- Swimsuit
- Socks & under garments
- Sneakers, shoes, boots, sandals
- Light jacket
- Winter jacket
- Warm hat and gloves
- Sleepwear, robe, slippers

**Linens, Bedding and Room Furnishings:** Residence hall rooms on campus are furnished with an extra-long twin bed (39 inches wide by 80 inches long--99.6 cm X 203.2 cm), a dresser, and a desk and chair. Each student has their own closet. Students living on campus must provide their own sheets, pillowcases, pillows, blankets, comforters, towels and room furnishings. If possible, bring a bed sheet, a light blanket, and a towel with you from home, or purchase them before moving into a residence hall. All of these items can be purchased relatively inexpensively in Albany (at places such as Walmart, Target, Bed, Bath & Beyond, etc.). You will also want to purchase things like desk lamps, alarm clocks, and whatever else you may want to have in your room here in Albany.

For great convenience, the University offers bedding and other housing essentials that can be delivered to your room. For information on this special program can be found at <http://www.rhl.org/sya>.

If you will be living off campus, you will want to wait to purchase any type of furnishings until you see what is or is not provided for you in your new apartment or room.

**Electronics:** If you plan on bringing any electrical appliances or computer equipment, please remember that the electrical requirements in the USA are 110V and require two flat-pronged plugs. Adapters can be found in local stores. However, appliances such as hair dryers, alarm clock, etc. can be purchased locally for not much more than the cost of the required adapters.

Many students choose to bring laptop computers with them from home. There is free high-speed internet service available in the residence halls and wireless service available across campus. For students who do not have a laptop, there are numerous computer labs on campus for student use. Some students find communicating with their families at home can be rather expensive (calling cards, cell phones, etc.). You might consider purchasing web cameras (for home and for here in the U.S.) and communicating by an internet connection (Skype, Yahoo IM, QQ, etc.).

**Cultural Items:** You are encouraged to bring items of cultural interest/importance with you, both to show interested Americans and to provide a touch of home decoration in your new surroundings. Such items might include things like arts, crafts, traditional dress, music, photos, maps, posters, and other items descriptive of your country and culture. You may also want to bring items you use regularly that may not be readily available, or may be more expensive in the U.S.—for example, eyeglasses, cameras, and watches.

**Money:** Before coming to the USA, you should familiarize yourself with American money. In addition, you should be prepared to meet your initial expenses for tuition, room and board (meals), books, and personal items. (Please see estimated cost sheet for details.) For security reasons, it is not advisable to carry large quantities of cash. Credit cards or debit cards can be used to pay most charges.

**Food:** If you have extra room in your suitcase, you may want to consider bringing some of your favorite foods from home. While it is forbidden to bring perishable foodstuffs into the USA (fruit, vegetables, meat, or plants), certain pre-packaged items such as candy and cookies are allowed.

For more information, please go to:  
<http://www.albany.edu/studentlife/housing.php>