

Services Offered by International Student Services

Pre-Departure Checklist

	Passport and I-20 including copy of your F-1 visa stamp showing your photo
	Passport and I-20 copies in a different location
	Copies of admission letter, financial documents, transcripts
	<p>Medical prescriptions, health card, immunization records Carry a 30 day supply of prescription medication along with a copy of your prescription giving both the generic and trade names. Ensure that such medicines are kept in their original containers. It is best to check to see whether medications are available in the United States before you leave your home country. More than likely, medicines will be available in the United States; however, you may have to make preparations to have less common medications shipped to you if allowed under U.S. customs law. The U.S. Zero Tolerance Policy imposes severe penalties for the possession of even a small amount of an illegal drug. Even prescription drugs and syringes used for legitimate medical purposes come under intense scrutiny. Be prepared!!!!</p> <p>If you have a medical problem, bring your medical history summary with you. If you have a pre-existing medical condition that could present a problem while you are travelling, it is wise to wear a MedicAlert® bracelet. Through the MedicAlert® Foundation, your vital medical facts become part of a database that can be accessed 24 hours a day from anywhere in the world. Call (800) 825-3785 for membership information or visit the MedicAlert® Web site (http://www.medicalert.ca).</p> <p>Health care in the United States can be very expensive. Siena Heights University recommends that you obtain health insurance either in your home country or when you arrive in the United States. If you have a pre-existing condition, it is advisable to check to make sure that your condition will be covered by your policy.</p>
	Bank information from home bank for transferring money to bank in USA
	Toothbrush, toothpaste (travel size)
	Soap, shampoo, conditioner (travel size bottles)
	Deodorant (travel size bottles)
	Make-up, gel
	Bath Towel
	Needles and Thread
	Clothing - American university students dress casually for class. Clothing worn to classes includes long pants, jeans, shorts and a shirt or T-shirt. In cold weather,

	<p>students wear winter jackets or coats, boots, hats, gloves and scarves. Shoes are also informal or formal and range from dress shoes or boots to athletic shoes to sandals. Students may need business clothing for interviews, special social activities and class presentations. Some international students bring their national dress for special "international" events on campus and the community.</p> <p>Make sure you have a good, warm coat, a warm hat, gloves or mittens, and boots for the Michigan winter. Hats are important because the body loses 90% of its heat through the head. Hats keep part of the heat inside you. Also, warm, dry feet are very important for your personal comfort. There is nothing worse than having wet, cold feet in the winter. And make sure that you cover your ears on cold days. If your ears get too cold, they become numb, and this can be dangerous. A condition known as "frostbite" occurs when a body part (normally the ears, fingers and toes) suffers extreme cold. Frostbite is painful. One further note: never let your child stick his or her tongue on something metallic on a cold day. The tongue can stick to the metal (freeze to it) instantly and boy is that painful if improperly removed.</p>
	Backpack
	Calculator
	Bilingual) Dictionary and Thesaurus
	Hair Dryer
	Camera
	Computer (there are numerous computer labs on both campuses if you do not want to purchase one)
	Alarm Clock
	Converter (US use different outlets and 100-120 V)
	Favorite snacks/food, spices from home (if allowed through US Custom)
	Light clothes and some warm clothes. <i>It may be easier to buy winter clothes when you arrive in the United States.</i>
	Spare pair of eye glasses and prescription
	Photos of family members and friends
	Travel insurance – Some individuals find it useful to obtain this type of insurance in the event of lost luggage, theft or flights cancellations. Most airports have this type of insurance available for purchase.