

A Quick Note Before You Pack...

Hey everyone! As someone who has spent the last 5 years here, I've seen freshers make the same packing mistakes every year. Here are a few ground realities you need to know before you zip up your bags:

- **The Dress Code:** Leave your jeans at home for the 1st year. The dress code is strict—formal trousers, suits, and kurtis are what you'll actually wear to classes. (Note: Some colleges also provide their own specific uniforms).
- **Cosmetics are Costly:** High import duties make good face washes, serums, and sunscreens ridiculously expensive in BD. Stock up from India.
- **Medical Gear:** Mercury BP machines are completely outdated and not used in Bangladesh anymore. Plus, airport security confiscates them. You must bring an Aneroid (Dial) BP monitor instead.
- **Save Your Luggage Weight:** Don't pack heavy medical books. We buy them locally here for much cheaper, and they deliver right to the hostel.

✓ YOUR COMPLETE PACKING CHECKLIST

✓	CATEGORY	SENIOR'S ADVICE / ITEMS TO BRING
☐	The "Do Not Lose" Folder	• 10th & 12th Marksheets + Passing Certificates. • NEET Scorecard, Original Passport, and Student Visa. • Police Clearance Certificate (PCC). • Photos (Crucial): Bring 15-25 Passport size photos with a white background. You will need these immediately for your Green Card, college registration, and item cards.
☐	College Wear & Grooming	• Boys: Formal shirts, trousers or chinos, and proper formal black shoes. You must be well-groomed for wards and classes, so a good trimmer/grooming kit is highly recommended. • Girls: Kurtis, Suits, and formal wear. • Must-Haves: An analogue watch with a seconds hand (you can't measure pulse rates with a smartwatch). A heavy-duty umbrella (monsoons here are intense), and some basic winter wear.
☐	Medical Toolkit & Vision	• A good quality Stethoscope and an Analogue (Dial) BP Machine. • Spectacles: If you wear power glasses, strictly pack an extra pair! Replacing them immediately in a new country is a huge hassle. • Pens & Colors: We use Black pens for writing and Blue pens exclusively for headings. Bring 2 sets of pencil colors (Pink, Purple, and Red are mandatory for Anatomy/Histology diagrams).
☐	Money Matters & Banking	• Cash to Carry: Bring ₹30,000 to ₹40,000 INR (we'll exchange it at the border). As soon as you arrive, you'll need about 50k-60k Taka to buy your mattress, bone set, and basic room setup. • Banking: Get an International Debit Card (like SBI). Crucial Hack: Activate "International Transactions" on your banking app before leaving India!
☐	Tech & Communications	• Telecom Hack: Activate International Roaming via the MyJio or Airtel Thanks app before crossing. No recharge pack needed—just activate it to receive free incoming SMS (vital for banking OTPs). • Local BD SIM: You can buy a local SIM right at the airport or local customer care centers using your Passport and Visa. • A smartphone with good storage for PDFs, a solid Powerbank (for power cuts), and an iPad/Tablet (optional but great for notes).

✓	CATEGORY	SENIOR'S ADVICE / ITEMS TO BRING
☐	Personal Pharmacy	- Combination medicines aren't common here. Bring your own basics: Dolo/PCM, Strepsils, Vicks, and Montelukast (for allergies/cold). - Pantoprazole (for acidity) and a standard course of antibiotics like Azithromycin (ask your family doctor first).
☐	Hostel Comforts & Food	For the Room: 2 sets of bedsheets and pillow covers. An electric kettle (check if your specific college allows it). For You: Your preferred face wash, serums, moisturizers, sunscreens, and soaps. Survival Food: Focus on homemade dry items you can preserve (achaar, homemade dry snacks, namkeen). Maggi here tastes very different, so bring some from home to survive until you adapt to the mess food.



HOW TO DIVIDE YOUR LUGGAGE FOR THE FLIGHT

 CABIN BAG (KEEP CLOSE TO YOU / MAX 7 KG)	 CHECK-IN LUGGAGE (THE BIG SUITCASE / MAX 30 KG)
Your Document Folder: NEVER check this in. Keep originals with you. Tech: Laptops, iPads, Phones, Earphones. Powerbanks: These MUST go in your cabin bag by airport law. Money: All your cash (INR/Taka/USD) and your wallet.	Clothes: Your formals, shoes, umbrella, and bedsheets. Liquids: Skincare, shampoos, face wash, and aachar. (Tape the lids so they don't explode in the cargo hold!) Tools: Stethoscope and BP monitor. Snacks: Maggi, chocolates, and namkeen.

"Pack smart, don't overpack. See you on campus!" — Samad Ali

Need help with Admissions or Guidance?

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