Here are some packing suggestions you may find helpful.

Clothing

Men:
2 Pair slacks or shorts (knee length or longer)
1 Pair dress slacks
5-6 Shirts (one dress)
Tie (optional)

Women:
1-2 Skirts (knee length or longer) I opt for skirts rather than dresses since you can change the look with a different top.
3-4 Blouses or tops (that can be worn with skirts or pants
1 Pair slacks (especially on plane where it tends to be cold)
2 Pair capris or knee length shorts
1 Small head scarf to wear for church
1 Lightweight backpack (I carry this instead of a purse and put all my travel essentials in it for the flight. I put this under the seat in front of me so I have access to it during flight. I still have a carry on which I put everything essential I need for the trip so if my bag gets lost I can survive! I put that bag in the overhead until the end of the flight.

Men and Women:
2 Pair shoes (comfortable)
Undergarments (I bring less than needed and wash them at night)
Sleepwear (1pair will do so bring something you can wash easily)
Slippers or flip flops to wear in house
Light jacket or sweater
1 towel (I bring an absorbent travel towel that takes up almost no space.
Swimsuit (modest)

Tip: Pick one or two colors to key off for your wardrobe.
Example - Black, khaki, navy or gray are basics and go with almost everything. If you select one or two of those as your slacks or skirts then you can add shirts or blouses that will go with either and make your wardrobe go twice as far without having to wear the same thing everyday!

Toiletries:
Toothbrush/paste/floss/mouthwash
Razor/shaving cream
Deodorant
Soap with travel container
Shampoo/conditioner
Brush/comb
Hair dryer/curling or straightening iron
Mirror
Feminine hygiene items
Birth control pills if you take them
Cleanser
Moisturizer
Make up
Sunscreen
Lip balm
Eye glasses
Contact lenses/case/solution
Nail clippers
Nail file
Hand wipes
Tissue (Many times there will be no toilet tissue available)
Insect repellent
Hand sanitizer (several small containers so you can carry with you at all times)

Miscellaneous:
Leave expensive jewelry home. Most I bring is a simple pair of earrings,a gold wedding band and a watch.
Small gifts for your host families and misc visits.
Current adapters (convert 220 to 110 is the same as Europe)
Camera/charger/film
Sunglasses
Umbrella (as much for sun and for rain)
Small flashlight/batteries (necessary)
Inexpensive watch
Addresses of family/friends (though mailing postcards not easy)
Labels with your address (to give to new friends though email and facebook is easier)
Plastic zip lock bags (some quart and gallon size)
Small Bible/notebook/pen
Alarm clock
Family photos (Your host family will love seeing them)
Ear plugs (the roosters can be very noisy in the AM)
Cell phone/charger if you feel you need one (check with your provider about charges and disarming data downloads as it can be quite expensive - I usually just text which is $.50 a text.)

Travel Essentials:
Passport
Copy of passport (keep seperate from passport)
Ticket
Copy of ticket (keep seperate for ticket)
Travel folder to hold all travel documents
Frequent flyer number if you have one for this airline.
Moneybelt
Spending money (I think $200 should cover basics but you may want to consider bringing more especially if you are a big shopper

or big eater. I carry a credit card for emergencies.
Reading material
Snacks
Sleep mask/travel pillow for flight

Medical Supplies:
Prescription medicines
Pain reliever/vitamins
Sleeping pills (sometimes it helps to adjust to a new time zone and I find it very helpful on the flight over)
Pepto Bismol tablets for prevention of travelers diarrhea or treatment of mild case
If you have health issues, bring copy of health history
Immodium for moderate cases of travelers diarrhea.
Alergy medicine such as Benadryl if you are susceptible.
Decongestant nasal spray if needed for flights
Sudafed
Robitussin Cough Syrup
Band Aids
Small tube antibiotic ointment
Some travelers will get a prescription from their Doc for a strong antibiotic like Cipro to take should you get extremely ill as medical services are not what they are in the States.
Tip: I suggest you get together with your roommate(s) and don't double up on these items to save space.

Hope this helps as you begin packing. Remember what you pack you must haul around!