

Packing List

This list is not exhaustive, and not all listed items need to be packed. The list is provided as a guide for what to consider packing for a GH elective.

<p>DOCUMENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Airline tickets <input type="checkbox"/> Business cards <input type="checkbox"/> Calling cards/access numbers <input type="checkbox"/> Cash (crisp \$50 or \$100 bills issued after 2009) <input type="checkbox"/> Identification (eg, driver's license) <input type="checkbox"/> Itinerary <input type="checkbox"/> All immunization records (eg, yellow book), including documentation of yellow fever vaccine <input type="checkbox"/> Copy of medical license <input type="checkbox"/> Copy of malpractice insurance coverage <input type="checkbox"/> Passport with at least four blank pages and should not expire within 6 months of travel. <input type="checkbox"/> Three copies of passport <input type="checkbox"/> 2 to 4 extra passport photos <input type="checkbox"/> Credit cards/debit cards <input type="checkbox"/> Visa (if required) <input type="checkbox"/> Letters for customs if bringing medical supplies <p>TRAVEL EQUIPMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plug Adaptors <input type="checkbox"/> Chargers <input type="checkbox"/> Surge protector <input type="checkbox"/> Backpack/Day bag <input type="checkbox"/> Canteen/water bottle <input type="checkbox"/> Earplugs <input type="checkbox"/> Headlamp/flashlight <input type="checkbox"/> Umbrella <input type="checkbox"/> Watch/travel alarm <input type="checkbox"/> Swiss army knife (in checked bags) <input type="checkbox"/> Duct Tape <input type="checkbox"/> Money belt 	<p>TOILETRIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Condoms/contraceptives <input type="checkbox"/> Deodorant <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Glasses <input type="checkbox"/> Hand gel sanitizer/wipes <input type="checkbox"/> Hair clips, bands, etc <input type="checkbox"/> Hairbrush/comb <input type="checkbox"/> Wet wipes <input type="checkbox"/> Lotion/powder <input type="checkbox"/> Mirror (small) <input type="checkbox"/> Nail clipper <input type="checkbox"/> Needles/sewing kit <input type="checkbox"/> Razors <input type="checkbox"/> Shampoo/conditioner/soap <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> lip balm <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste/ <input type="checkbox"/> Towel <input type="checkbox"/> Tweezers <p>MISCELLANEOUS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Batteries <input type="checkbox"/> Binoculars <input type="checkbox"/> Books/textbooks/PDFs <input type="checkbox"/> Camera <input type="checkbox"/> Candies/Snacks <input type="checkbox"/> Computer/computer files <input type="checkbox"/> Donated supplies (see "letter for customs" in documents section) <input type="checkbox"/> Elastic bands <input type="checkbox"/> Ziplock bags <input type="checkbox"/> Gifts for hosts and thank you cards* <input type="checkbox"/> Map <input type="checkbox"/> Languagebook <input type="checkbox"/> Music player <input type="checkbox"/> Bluetooth speaker <input type="checkbox"/> Pictures of home and family <input type="checkbox"/> QI Project materials <input type="checkbox"/> Writing material (journal) <input type="checkbox"/> Pens <p>MEDICAL EQUIPMENT/ SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Masks/ N95 <input type="checkbox"/> Sterile Surgical Gloves <input type="checkbox"/> Stethoscope <input type="checkbox"/> Portable pulse oximeter 	<ul style="list-style-type: none"> <input type="checkbox"/> penlight <input type="checkbox"/> trauma scissors <input type="checkbox"/> reflex hammer <input type="checkbox"/> digital thermometers (Celsius) <input type="checkbox"/> Job Aids (eg FIGO miso guidelines, ACLS code card) <p>CLOTHING</p> <ul style="list-style-type: none"> <input type="checkbox"/> Underwear <input type="checkbox"/> Dresses/Skirts <input type="checkbox"/> Sun hat <input type="checkbox"/> Jeans <input type="checkbox"/> Long-sleeved shirts <input type="checkbox"/> Pajamas <input type="checkbox"/> Pants <input type="checkbox"/> Rain jacket <input type="checkbox"/> Scrubs <input type="checkbox"/> Scrub hat <input type="checkbox"/> Short-sleeved shirts <input type="checkbox"/> Shorts <input type="checkbox"/> Socks <input type="checkbox"/> Skirts/sarongs <input type="checkbox"/> Sweater <input type="checkbox"/> Sweatshirt <input type="checkbox"/> Swimsuit <input type="checkbox"/> T-shirts <input type="checkbox"/> Walking shoes/sandals <input type="checkbox"/> OR shoes <p>MEDICATIONS/HEALTH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Acetaminophen/ibuprofen <input type="checkbox"/> Antibiotic ointment <input type="checkbox"/> Antiitch ointment <input type="checkbox"/> Hydrocortisone ointment <input type="checkbox"/> Antibiotics for travellers' diarrhea <input type="checkbox"/> Antifungal <input type="checkbox"/> Antihistamine <input type="checkbox"/> Antimalarials <input type="checkbox"/> Adhesive bandages <input type="checkbox"/> Cold/flu pills <input type="checkbox"/> Mosquito Repellent/DEET <input type="checkbox"/> First-aid kit <input type="checkbox"/> Alcohol swabs <input type="checkbox"/> HIV post-exposure prophylaxis <input type="checkbox"/> Laxative <input type="checkbox"/> Loperamide/ Imodium <input type="checkbox"/> Mosquito nets* <input type="checkbox"/> Motion sickness pills <input type="checkbox"/> Oral rehydration powder <input type="checkbox"/> Personal medications
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