COMPREHENSIVE PACKING LIST FOR YOUR INTERNATIONAL MEDICAL ROTATION

ESSENTIALS:

- Address list and list of important contacts or numbers (including information on US Embassy near your site)
- International Calling Card, or instructions on how to use your credit card to make an overseas call
- Backpack, suitcase, sports bag (something to pack everything in)
- Paper or Notebook
- Passport (check validity!), with two photocopies to distribute amongst your bags
- Pencils, Pens
- Tickets and itinerary (airline, train, bus etc.)
- Visa
- Certificate of Travel Insurance/Evacuation Insurance, with two copies to distribute amongst your bags

FINANCES:

- ATM card (Maestro or Cirrus logos on the back are most widely accepted)
- Cash in the local currency of your arrival destination (enough to get you to an in-country exchange (usually a better rate), where you can get more as needed
- Credit card (Visa or Mastercard are most widely accepted)
- Money belt (You can't be too safe in some places)
- Sufficient Travellers' cheques (and receipts for travellers' cheques)

CLOTHES:

- Sturdy Hiking Boots
- Females: Bras (sports and regular)
- All-weather Jacket
- Warmer climates: loose-fitting cotton clothes are best and easy to wash; clothing made of quick-dry material
- Colder Climates: Layers, Long or thermal underwear
- Pajamas
- River Sandals, shower shoes, flip-flops
- Shorts
- Sneakers
- Socks
- Swimming gear, if applicable
- T-shirts, singlets
- Underwear

CLOTHES ACCESSORIES:
- Hat or visor
- Bandana
- Gloves or mittens, scarf if applicable
- Raincoat or poncho
- Safety pins
- Sewing kit
- Sunglasses
- Moleskin

**TOILETRIES:**

- Anti-bacterial cream
- Comb or brush
- Contact lens equipment or glasses
- Cotton buds
- Dental floss (also great for fixing things!)
- Deodorant
- Earplugs
- Fingernail clippers
- Hair products (gel, spray etc.)
- Lip balm
- Make-up
- Mirror
- Moisturizer (face and body)
- Nail file
- Razors
- Shampoo and conditioner
- Shaving cream
- Sleeping pills
- Soap
- Sunscreen and after sun cream
- Talcum/baby powder - Useful against prickley heat, in shoes, on sticky zippers and more (Member's tip)
- Tampons and pads
- Tissues/Toilet Paper
- Toothbrush, toothpaste

**OTHER:**

- Backpack rain cover
- Batteries
- Books
- Bottled water
- Camera, film and batteries - Spare flash cards or memory for digital
- Carbohydrate snacks
- Chewing gum or mints - Especially if you are flying chewing something will help your ears
- Combo or key locks
- Compass
Cup
Diary or journal
Electrical adapter and plug converter
Flashlight or torch - Don't forget the batteries
Frisbee, hackey sack, ball, pack of cards or other recreational items
Guidebooks
Inflatable travel pillow
International driving license - If driving overseas, have your driving license translated
iPod, MP3 player, Discman etc. - Including music and batteries
Laundry detergent
Maps (incl. small map of the world to show where you are from)
Mobile phone or SIM card
Mosquito net
Photocopies of important documents in case they are stolen
Phrase books or dictionaries
Pillow or pillowcase to stuff with clothes
Plastic bags, Ziplock bags
Resume and work references - Don't forget these if you are planning to work while travelling
Sleep sheet
Sleeping bag
Sleeping mat
Swiss Army knife or Leatherman tool - Don't keep in your carry on as it will be removed
Towels, beach and otherwise - the quick drying versions are very handy!
Travel alarm clock
Watch
Wet wipes/Baby wipes

MEDICAL/PROFESSIONAL:

Anti-bacterial hand cleanser
Band aids
Compression bandages
Diarrhea tablets
Gauze/Tape
Malaria PPX
Insect and/or mosquito repellent
Iodine/hydrogen peroxide/Alcohol preps
Medicines/prescription Drugs
Motion sickness tablets
Tylenol and Ibuprofen
Replacement/rehydration salts sachets
Small scissors
Tweezers
Water purifying tablets
Yellow Fever certificate or International Certificate of Vaccination
Reference Books (WHO, Harriet Lane etc.)
Stethoscope, Otoscope/Ophthalmoscope
Gloves, non-latex