

UNIVERSITY OF ARIZONA PEDIATRIC GLOBAL HEALTH
PACKING LIST FOR YOUR INTERNATIONAL MEDICAL ROTATION

(Adapted from lists by Medical College of Wisconsin and Children's National Medical Center)

***Carry-on all essential items and clothing to last a few days – in case main bag is lost. Pack an amount so that you are able to carry everything on you while traveling (i.e. large backpack and a small backpack)

DOCUMENTS:

- Address list and list of important contacts or numbers for rotation country as well as back home (including information on US Embassy/consulate near your site)
- Paper or Notebook
- Passport (check validity – needs minimum 6 months left!), with several copies
- Pencils, Pens
- Tickets and itinerary (airline, train, bus etc.)
- Visa (if required for your country)
- Certificate of Travel Insurance/Evacuation Insurance, with two copies to distribute amongst your bags
- Immunization record (incl yellow fever vaccine card)
- Driver's license
- University of Arizona Cat Card (student ID can sometime provide discounts on entrance fees)
- Medical license, copy of medical diploma (required in some countries)
- Physician ID badge
- Health Insurance Card (contact your insurance to see if any international coverage)
- ***Make electronic copies of all documents – email to yourself and close contacts.

FINANCES:

- ***Notify credit cards that will traveling abroad (to avoid cancellation)
- 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). Be sure to have its pin #.
- Money belt/passport holder (You can't be too safe in some places)

BOOKS:

- Diary or journal
- Guidebooks
- Maps (incl. small map of the world to show where you are from)
- Phrase books or dictionaries
- Leisure books or kindle

BAGS:

- Backpack rain cover (some work as duffels around your pack so that the straps will be protected against the baggage conveyor belts)
- Large backpack
- Fanny pack or small purse (to carry medical supplies)
- Shoulder bag or daypack
- Ziplock &/or waterproof bags. **Recommend using packing cubes to make it easy to find goods

CLOTHES:

- ***Know what is culturally appropriate for your community
- Sturdy Hiking Boots or hiking shoes
- Underwear/Bras (sports and regular)
- All-weather Jacket
- Warmer climates: loose-fitting 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, walking shoes, or sandals (***should wear closed toed shoes for clinical work)
- Socks
- Swimming gear, if applicable
- T-shirts
- Underwear
- Scrubs
- Pants (recommend no more than 1 pair of jeans)
- Skirts
- Dresses
- Short sleeved shirts
- Sleeveless shirts
- Long-sleeved shirts
- Sweater or fleece

CLOTHES ACCESSORIES/LAUNDRY:

- Hat or visor. Wide brimmed in sunny locales
- Bandana
- Gloves or mittens, scarf if applicable. Winter hat if applicable
- Raincoat or poncho
- Safety pins
- Sewing kit
- Laundry sack
- Laundry detergent
- Clothesline
- Sunglasses (polarized if near snow or water)

TOILETRIES:

- Comb or brush
- Contact lens equipment or glasses (bring adequate contact solution as may be difficult to acquire)
- Dental floss, toothbrush, toothpaste
- Deodorant
- Fingernail clippers, tweezers, nail file
- Hair products (gel, spray etc.)
- Hand sanitizer and wet wipes
- Lip balm
- Make-up
- Mirror
- Moisturizer (face and body)

- Razors, shaving cream
- Shampoo and conditioner
- Shaving cream
- Soap
- Sunscreen/lip balm
- Talcum/baby powder - Useful against prickly heat, in shoes, on sticky zippers and more
- Tampons and pads (**bring adequate supply as difficult to obtain in some locales)
- Tissues/Toilet Paper (carry packet of kleenex at all times as many locales have no TP)
- Insect repellent (30-35% DEET)
- Towels (incl washcloth and large towel – recommend quick drying version)

MEDICATIONS:

- Prescription meds – keep in original containers if possible so not hassled by customs
- Aspirin
- Antihistamine
- Band-aids/moleskin
- Ibuprofen/tylenol
- Motion sickness medicine
- Hydrocortisone cream
- Antibiotic cream
- Peptobismol tablets
- Imodium
- Antibiotics (cipro and azithro, possibly fluconazole)
- Malaria meds

SLEEP:

- Travel alarm clock
- Sleeping bag or sleeping sheet
- Sleeping mat
- Inflatable travel pillow
- Mosquito net
- Inflatable pillow

ELECTRONIC:

- ***Extra batteries for all & remember the chargers
- Camera, film and batteries - Spare flash cards or memory for digital
- Small flashlight & headlamp
- Electrical adapter and plug converter (check in advance at what is required for your country)
- iPod/iphone
- optional : cell phone (can set up international plan or get SIM card or setup new one.) – but can also try skype. Be careful about turning off cell phone features so that not charged for roaming or data charges
- earphones

FOOD/WATER:

- Snacks (ex: clif bars, trail mix, etc.)
- Gum/mints
- Water bottle/filtering supplies
- Water purifying tablets

- Oral Rehydration powder (i.e. gatorade, pedialyte, etc.)

OTHER:

- Combo or key locks
- Compass
- Frisbee, hacky sack, pack of cards or other recreational items
- Swiss Army knife or Leatherman tool - Don't keep in your carry on as it will be removed
- Watch
- Ear plugs
- Small roll of duct tape
- Umbrella

MEDICAL/PROFESSIONAL:

- Gauze/Tape
- Iodine/hydrogen peroxide/Alcohol preps
- Small scissors
- Reference Books (WHO, Harriet Lane, Oxford etc.)
- Stethoscope
- Otoscope/Ophthalmoscope (with extra batteries/charger)
- Gloves, non-latex
- Can add some apps to iPhones
- Small flashlight
- Measuring tape
- Hand sanitizer
- TB mask