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Traveling Interview Checklist
During Residency Interview season, it can become quite hectic. It is exciting and thrilling traveling and visiting so many programs. However, interviewing at multiple programs back to back, while also doing rotations and studying for Step 2 presents challenges. To help you keep up with some with your packing, we are sharing a Travel Checklist for your use. We will post additional useful tips and lists for your use on the website, so keep looking.

Travel Checklist for Residency Interviews

Interview Items

- ◻ Personal Identification
- ◻ Pain Reliever/ Aspirin
- ◻ Cold Medicines
- ◻ Contact Lens Items – spare for interview bag
- ◻ Interview bag
- ◻ Interview folder
- ◻ 3 personal statements and CVs
- ◻ Pen/Pencil
- ◻ Suit jacket/pants
- ◻ Belt (s)
- ◻ Interview shirt x 2
- ◻ Hose x2/socks
- ◻ Nice Shoes
- ◻ Jewelry/tie x 2
- ◻ Hair accessories
- ◻ Nice Winter coat/ matching gloves
- ◻ Raincoat/ Umbrella
- ◻ School info- directions for meeting time/place, contact info, maps, etc.
- ◻ Program info to read on plane
- ◻ Thank you notes to write while there or on plane/ Stamps
- ◻ Watch
- ◻ A contact number for the program in case of an emergency

Toiletries

- ◻ Comb / Brush
- ◻ Toothbrush / Paste
- ◻ Dental Floss
- ◻ Deodorant/ Antiperspirant

- ◻ Personal hygiene products
- ◻ Soap-Personal
- ◻ Skin Care Lotion / Creams
- ◻ Make-up
- ◻ Shampoo, Conditioner, Hairspray
- ◻ Hair Dryer (Hotels have this)
- ◻ Lipbalm (need it in cold/hot weather)
- ◻ Razors / Shaving Cream
- ◻ Contact case and solution
- ◻ Glasses in their case
- ◻ Feminine Hygiene products

Miscellaneous Items

- ◻ Cell phone
- ◻ Phone charger
- ◻ Laptop/ Charger
- ◻ Medications
- ◻ Kleenex
- ◻ Hotel confirmation info
- ◻ Car reservation info
- ◻ Airline Tickets
- ◻ Driver's license (to board plane)
- ◻ Credit cards (2 to ensure either is accepted)
- ◻ Travel Footwear
- ◻ Travel Clothing
- ◻ Sleepwear
- ◻ Extra underwear, socks, pullover tops
- ◻ Cash for tips, taxis, etc