Proposed Checklist of Personal Items

Passports --- very important!! With recent changes in passport requirements, your passport must have an expiration date that is at least 6 months after the date of your planned return to the USA. DO NOT PUT OFF applying for a passport if you need a new one or a renewal – it may take three months or longer to receive your passport by mail from the US government.

- Blood pressure cuff
- Stethoscope
- Oto-ophthalmoscope
- Canteen/water bottle
- Camera
- Small Flashlight, headlight preferred
- Personal medications, including supply of Cipro or other traveler’s diarrhea med
- Passport, airline itinerary (tickets are electronic), money, including $40 saved for exit fees at departure -- a waist pack is a good means of carrying these items. A COPY OF YOUR PASSPORT should be placed in all of your luggage
- Personal journal, if desired
- Pocket translation guide/dictionary
- Toilet tissue/Kleenex
- Ear plugs
- 3-5 days of clothing. Comfortable, casual clothes area best. Scrubs are fine if you prefer, but not required. Shorts are OK to wear, but should be longer, close to the knee. Dress a little conservatively, no overly revealing tops, etc.
- Good walking shoes
- Flip-flops
- Rain gear: boots & poncho April thru November
- Towel/washcloth/2 bars of soap (one for you; one for medical project to distribute)
- Sheet – optional – pillows and clean bed sheets are provided on site
- Inflatable pillow or pillow case -- optional
- Insect repellent (30-50% DEET as active ingredient)
- Lightweight sweater or sweat shirt
- Bathing suit/sunblock
- Toiletries