



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)

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
- Underwear

Clothing 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 prickly heat, in shoes, on sticky zippers and more
- 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, 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](http://www.travellerspoint.com/sim-cards-destinations.cfm) (<http://www.travellerspoint.com/sim-cards-destinations.cfm>)
- 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