APPENDIX N: Packing List (template) (click here to return to text)

Adapted from the Global Child Health Educational Modules Project “Preparation for Global Health Electives” preparation packet, St Clair et al, AAP and CUGH, 2013.

(Note: This list is not exhaustive, and not all listed items need to be packed. The list is provided as a guide for what to consider packing for a GH elective.)

<table>
<thead>
<tr>
<th>DOCUMENTS</th>
<th>PERSONAL ITEMS</th>
<th>CLOTHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Airline tickets</td>
<td>□ Clothes pegs, scrub brush, laundry detergent</td>
<td>□ Underwear</td>
</tr>
<tr>
<td>□ Business cards</td>
<td>□ Condoms/contraceptives</td>
<td>□ Dresses</td>
</tr>
<tr>
<td>□ Calling cards/access numbers</td>
<td>□ Deodorant</td>
<td>□ Hat/cap</td>
</tr>
<tr>
<td>□ Cash (local currency and crisp U.S. $5, $20, and $100 bills issued after 2003)</td>
<td>□ Feminine hygiene products</td>
<td>□ Jeans</td>
</tr>
<tr>
<td>□ Identification (eg, driver’s license)</td>
<td>□ Glasses</td>
<td>□ Long-sleeved shirts</td>
</tr>
<tr>
<td>□ Itinerary</td>
<td>□ Hand gel sanitizer/wipes</td>
<td>□ Pajamas</td>
</tr>
<tr>
<td>□ All immunization records (eg, yellow book), including documentation of yellow fever vaccine if applicable</td>
<td>□ Hair clips, bands, etc</td>
<td>□ Pants</td>
</tr>
<tr>
<td>□ Copy of medical license</td>
<td>□ Hairbrush/comb</td>
<td>□ Rain jacket</td>
</tr>
<tr>
<td>□ Copy of malpractice insurance coverage</td>
<td>□ Facial tissues</td>
<td>□ Scrubs, if worn at host site</td>
</tr>
<tr>
<td>□ Passport with at least four blank pages and should not expire within 6 months of travel. Also bring several copies of passport.</td>
<td>□ Lotion/powder</td>
<td>□ Short-sleeved shirts</td>
</tr>
<tr>
<td>□ 2 to 4 extra passport photos</td>
<td>□ Mirror (small)</td>
<td>□ Shorts</td>
</tr>
<tr>
<td>□ Credit cards/debit cards</td>
<td>□ Nail clipper</td>
<td>□ Socks</td>
</tr>
<tr>
<td>□ Visa (if required for country; some allow purchase upon entry)</td>
<td>□ Needles/sewing kit</td>
<td>□ Skirts/sarongs</td>
</tr>
<tr>
<td>□ Letters for customs if bringing supplies (should include a letter specifying contents; a letter of request for the contents from host site; and a letter of permission from local government, if warranted)</td>
<td>□ Razors</td>
<td>□ Sweater</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MISCELLANEOUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Batteries</td>
</tr>
<tr>
<td>□ Binoculars</td>
</tr>
<tr>
<td>□ Books/textbooks</td>
</tr>
<tr>
<td>□ Calculator</td>
</tr>
<tr>
<td>□ Camera and memory cards</td>
</tr>
<tr>
<td>□ Candies/food</td>
</tr>
<tr>
<td>□ Computer/computer files</td>
</tr>
<tr>
<td>□ Donated supplies (see “letter for customs” in documents section)</td>
</tr>
<tr>
<td>□ Elastoplasts</td>
</tr>
<tr>
<td>□ Elastic bands</td>
</tr>
<tr>
<td>□ Ziplock bags</td>
</tr>
<tr>
<td>□ Games/playing cards</td>
</tr>
<tr>
<td>□ Gifts for hosts and thank you cards</td>
</tr>
<tr>
<td>□ Money belt</td>
</tr>
<tr>
<td>□ Map guides/Language book</td>
</tr>
<tr>
<td>□ Medical equipment (eg, blood pressure cuffs, stethoscope, pulse oximeter, penlight, trauma scissors, reflex hammer, extra thermometers)</td>
</tr>
</tbody>
</table>
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(Note: This list is not exhaustive, and not all listed items need to be packed. The list is provided as a guide for what to consider packing for a GH elective.)

| Garbage bags/Ziploc bags | □ |
| Linens, if needed | □ |
| Pillow, if needed | □ |
| Sleeping bag/blankets, if needed | □ |
| Tent, if needed | □ |
| Umbrella | □ |
| Water filter | □ |
| Watch/travel alarm | □ |
| ☐ | □ |
| ☐ | □ |
| ☐ | □ |
| ☐ | □ |
| ☐ | □ |
| ☐ | □ |

MEDICATIONS/HEALTH

- Acetaminophen/ibuprofen
- Antibiotic ointment
- Antibiotics, consider antifungal
- Antihistamine
- Antimalarials
- Adhesive bandages
- Cold/flu pills
- Repellent/DEET
- First-aid kit
- HIV post-exposure prophylaxis
- Hydrocortisone cream
- Laxative
- Loperamide
- Mosquito nets
- Motion sickness pills
- Oral rehydration powder
- Personal medications
- +/- pulse oximeter
- Thermometer (with Celsius)
- Traveler’s diarrhea medication (fluoroquinolone or azithromycin)
- (Celsius), hand sanitizer, alcohol swabs, code card, reference manuals, gloves tongue blades, fitted TB mask, other masks, etc)
- Music player
- Pictures/postcards/books of home
- Project materials
- Radio (short-wave), if needed
- Rope
- Surge protector
- Swiss army knife (in checked bags)
- Tape (duct, electrical)
- Writing material (journals, pens)