

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.)

<input type="checkbox"/> Garbage bags/Ziplock bags	(Celsius), hand sanitizer,	<input type="checkbox"/> _____
<input type="checkbox"/> Linens, if needed	alcohol swabs, code card,	<input type="checkbox"/> _____
<input type="checkbox"/> Pillow, if needed	reference manuals, gloves	<input type="checkbox"/> _____
<input type="checkbox"/> Sleeping bag/blankets, if needed	tongue blades, fitted TB mask, other masks, etc)	<input type="checkbox"/> _____
<input type="checkbox"/> Tent, if needed	<input type="checkbox"/> Music player	<input type="checkbox"/> _____
<input type="checkbox"/> Umbrella	<input type="checkbox"/> Pictures/postcards/books of home	<input type="checkbox"/> _____
<input type="checkbox"/> Water filter	<input type="checkbox"/> Project materials	<input type="checkbox"/> _____
<input type="checkbox"/> Watch/travel alarm	<input type="checkbox"/> Radio (short-wave), if needed	<input type="checkbox"/> _____
MEDICATIONS/HEALTH	<input type="checkbox"/> Rope	
<input type="checkbox"/> Acetaminophen/ibuprofen	<input type="checkbox"/> Surge protector	
<input type="checkbox"/> Antibiotic ointment	<input type="checkbox"/> Swiss army knife (in checked bags)	
<input type="checkbox"/> Antibiotics, consider antifungal	<input type="checkbox"/> Tape (duct, electrical)	
<input type="checkbox"/> Antihistamine	<input type="checkbox"/> Writing material (journals, pens)	
<input type="checkbox"/> Antimalarials		
<input type="checkbox"/> Adhesive bandages		
<input type="checkbox"/> Cold/flu pills		
<input type="checkbox"/> Repellent/DEET		
<input type="checkbox"/> First-aid kit		
<input type="checkbox"/> HIV post-exposure prophylaxis		
<input type="checkbox"/> Hydrocortisone cream		
<input type="checkbox"/> Laxative		
<input type="checkbox"/> Loperamide		
<input type="checkbox"/> Mosquito nets		
<input type="checkbox"/> Motion sickness pills		
<input type="checkbox"/> Oral rehydration powder		
<input type="checkbox"/> Personal medications		
<input type="checkbox"/> +/- pulse oximeter		
<input type="checkbox"/> Thermometer (with Celsius)		
<input type="checkbox"/> Traveler's diarrhea medication (fluoroquinolone or azithromycin)		