

Packing List

To Do Before the trip...

- Get Passport if you don't have one
- Make two copies, one to leave at home, one to put in suitcase
- Vaccinations (1-4 months ahead depending on what you need)
- Money Exchange (2-4 weeks before)
- Get Travel Insurance
- Contact Credit Card companies
- Print Airline Itinerary (take one and leave one in US-day before)

<p><u>REQUIRED</u></p> <p>Tennis shoes and socks Flip flops- shower shoes Underwear Long Pants and/or pants and skirts below the knee Shirts- no tank tops Scrubs for Mon-Fri clinics and schools Jacket/hoodies Rain Jacket or poncho Toiletries including soap Medications - prescription in bottles and personal preference for motion sickness, diarrhea, headache, etc Prescription glasses Sun hat Sunscreen Insect repellent Flashlight/headlamp Ear plugs Water bottle Toilet paper/tissues/wipes Humanitize bag and comp book (or similar items)</p>	<p><u>REQUIRED</u></p> <p>Passport AND copy of your passport Passport carrier – neck or waist ID (EX: Drivers License, Military ID) Money (US for airport food and foreign currency for Snacks, tuk-tuks and souvenirs) Personal Hand Sanitizer</p> <p><u>OPTIONAL</u></p> <p>Work Gloves Watch/Alarm Chapstick Extra towel (one is provided) Spanish/English dictionary Hiking sandals Clothes for optional church service Blanket and pillow, inflatable mattress pad Sunglasses, swimsuit Snacks (individually wrapped) Camera device</p> <p>For clinic use: thermometer/BP machine/stethoscope, glucometer with strips, otoscope, apps for medications/drug book, ear light</p>
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