Packing list

Note: This is not all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a GH elective

DOCUMENTS

- ☐ Airline tickets
- ☐ Business cards
- ☐ Calling cards/access numbers
- ☐ Cash (local, US$, including both big and small dominations)
- ☐ Identification (e.g. driver's license)
- ☐ Itinerary
- ☐ Immunization records
- ☐ Copy of medical license
- ☐ Money belt
- ☐ Passport plus several copies
- ☐ Traveler's Cheques/Credit Cards/Debit Cards
- ☐ Visa (for country)

TRAVEL EQUIPMENT

- ☐ Adaptors (plugs)
- ☐ Air mattress, if needed
- ☐ Backpack/suitcase
- ☐ Canteen/water bottle
- ☐ Cooking equipment, if needed
- ☐ Day pack
- ☐ Ear plugs
- ☐ Headlamp/flashlight
- ☐ 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
- ☐ Bandaids
- ☐ Cold/Flu pills
- ☐ Repellent/DEET
- ☐ First aid kit
- ☐ HIV post-exposure prophylaxis
- ☐ Hydrocortisone cream
- ☐ Laxative
- ☐ Loperamide
- ☐ Mosquito nets
- ☐ Motion sickness pills
- ☐ Oral rehydration powder
- ☐ Thermometer
- ☐ Traveler's diarrhea medication (fluroquinolone or azithromycin)

PERSONAL ITEMS

- ☐ Clothes pegs, scrub brush, laundry detergent
- ☐ Condoms/contraceptives
- ☐ Deodorant
- ☐ Feminine hygiene products
- ☐ Glasses
- ☐ Hand gel sanitizer/wipes
- ☐ Hair clips, bands, etc.
- ☐ Hairbrush/comb
- ☐ Kleenex
- ☐ Lotion/powder
- ☐ Mirror (small)
- ☐ Nail clipper
- ☐ Needles /sewing kit
- ☐ Razors
- ☐ Shampoo/conditioner/soap
- ☐ Sunglasses
- ☐ Sunscreen/Lip Balm
- ☐ Toothbrush/toothpaste/ floss
- ☐ Towel
- ☐ Tweezers

MISCELLANEOUS

- ☐ Batteries
- ☐ Binoculars
- ☐ Books/textbooks
- ☐ Calculator
- ☐ Camera & camera cards
- ☐ Candies/Food
- ☐ Computer/computer files
- ☐ Donated supplies (including a letter of request from host site and a letter of permission from local government, if warranted)
- ☐ Elastic bands
- ☐ Games/Playing cards
- ☐ Gifts for hosts & thank you cards
- ☐ Map Guides/Language book
- ☐ Medical Equipment (e.g. stethoscope, penlight, trauma scissors, reflex hammer, code card, reference manuals, gloves, tongue blades, fitted TB mask, other masks, etc)
- ☐ MP3/iPod
- ☐ 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)

CLOTHING

- ☐ Underwear
- ☐ Dresses
- ☐ Hat/cap
- ☐ Jeans
- ☐ Long-sleeved shirts
- ☐ Pajamas
- ☐ Pants
- ☐ Rain Jacket
- ☐ Scrubs, if worn at host site
- ☐ Short-sleeved shirts
- ☐ Shorts
- ☐ Socks
- ☐ Skirts/Sarongs
- ☐ Sweater
- ☐ Sweatshirt
- ☐ Swimsuits
- ☐ T-shirts
- ☐ Walking shoes/sandals

OTHER

- ☐ _____
- ☐ _____
- ☐ _____