UNIVERSITY OF ARIZONA PEDIATRIC GLOBAL HEALTH
PACKING LIST FOR YOUR INTERNATIONAL MEDICAL ROTATION
(Adapted from lists by Medical College of Wisconsin and Children’s National Medical Center)

***Carry-on all essential items and clothing to last a few days – in case main bag is lost. Pack an amount so that you are able to carry everything on you while traveling (i.e. large backpack and a small backpack

**DOCUMENTS:**
- Address list and list of important contacts or numbers for rotation country as well as back home (including information on US Embassy/consulate near your site)
- Paper or Notebook
- Passport (check validity – needs minimum 6 months left!), with several copies
- Pencils, Pens
- Tickets and itinerary (airline, train, bus etc.)
- Visa (if required for your country)
- Certificate of Travel Insurance/Evacuation Insurance, with two copies to distribute amongst your bags
- Immunization record (incl yellow fever vaccine card)
- Driver’s license
- University of Arizona Cat Card (student ID can sometime provide discounts on entrance fees)
- Medical license, copy of medical diploma (required in some countries)
- Physician ID badge
- Health Insurance Card (contact your insurance to see if any international coverage)
- ***Make electronic copies of all documents – email to yourself and close contacts.

**FINANCES:**
- ***Notify credit cards that will traveling abroad (to avoid cancellation)
- 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). Be sure to have its pin #.
- Money belt/passport holder (You can't be too safe in some places)

**BOOKS:**
- Diary or journal
- Guidebooks
- Maps (incl. small map of the world to show where you are from)
- Phrase books or dictionaries
- Leisure books or kindle

**BAGS:**
- Backpack rain cover (some work as duffels around your pack so that the straps will be protected against the baggage conveyor belts)
- Large backpack
- Fanny pack or small purse (to carry medical supplies)
- Shoulder bag or daypack
- Ziplock &/or waterproof bags. **Recommend using packing cubes to make it easy to find goods
CLOTHES:

- ***Know what is culturally appropriate for your community
- Sturdy Hiking Boots or hiking shoes
- Underwear/Bras (sports and regular)
- All-weather Jacket
- Warmer climates: loose-fitting 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, walking shoes, or sandals (**should wear closed toed shoes for clinical work)
- Socks
- Swimming gear, if applicable
- T-shirts
- Underwear
- Scrubs
- Pants (recommend no more than 1 pair of jeans)
- Skirts
- Dresses
- Short sleeved shirts
- Sleeveless shirts
- Long-sleeved shirts
- Sweater or fleece

CLOTHES ACCESSORIES/LAUNDRY:

- Hat or visor. Wide brimmed in sunny locales
- Bandana
- Gloves or mittens, scarf if applicable. Winter hat if applicable
- Raincoat or poncho
- Safety pins
- Sewing kit
- Laundry sack
- Laundry detergent
- Clothesline
- Sunglasses (polarized if near snow or water)

TOILETRIES:

- Comb or brush
- Contact lens equipment or glasses (bring adequate contact solution as may be difficult to acquire)
- Dental floss, toothbrush, toothpaste
- Deodorant
- Fingernail clippers, tweezers, nail file
- Hair products (gel, spray etc.)
- Hand sanitizer and wet wipes
- Lip balm
- Make-up
- Mirror
- Moisturizer (face and body)
• Razors, shaving cream
• Shampoo and conditioner
• Shaving cream
• Soap
• Sunscreen/lip balm
• Talcum/baby powder - Useful against prickly heat, in shoes, on sticky zippers and more
• Tampons and pads (**bring adequate supply as difficult to obtain in some locales)
• Tissues/Toilet Paper (carry packet of kleenex at all times as many locales have no TP)
• Insect repellant (30-35% DEET)
• Towels (incl washcloth and large towel – recommend quick drying version)

MEDICATIONS:
• Prescription meds – keep in original containers if possible so not hassled by customs
• Aspirin
• Antihistamine
• Band aids/moleskin
• Ibuprofen/tylenol
• Motion sickness medicine
• Hydrocortisone cream
• Antibiotic cream
• Peptobismol tablets
• Imodium
• Antibiotics (cipro and azithro, possibly fluconazole)
• Malaria meds

SLEEP:
• Travel alarm clock
• Sleeping bag or sleeping sheet
• Sleeping mat
• Inflatable travel pillow
• Mosquito net
• Inflatable pillow

ELECTRONIC:
• ***Extra batteries for all & remember the chargers
• Camera, film and batteries - Spare flash cards or memory for digital
• Small flashlight & headlamp
• Electrical adapter and plug converter (check in advance at what is required for your country)
• iPod/iphone
• optional - cell phone (can set up international plan or get SIM card or setup new one.) – but can also try skype. Be careful about turning off cell phone features so that not charged for roaming or data charges
• earphones

FOOD/WATER:
• Snacks (ex: clif bars, trail mix, etc.)
• Gum/mints
• Water bottle/filtering supplies
• Water purifying tablets
• Oral Rehydration powder (i.e. gatorade, pedialyte, etc.)

OTHER:

• Combo or key locks
• Compass
• Frisbee, hackey sack, pack of cards or other recreational items
• Swiss Army knife or Leatherman tool - Don't keep in your carry on as it will be removed
• Watch
• Ear plugs
• Small roll of duct tape
• Umbrella

MEDICAL/PROFESSIONAL:

• Gauze/Tape
• Iodine/hydrogen peroxide/Alcohol preps
• Small scissors
• Reference Books (WHO, Harriet Lane, Oxford etc.)
• Stethoscope
• Otoscope/Ophthalmoscope (with extra batteries/charger)
• Gloves, non-latex
• Can add some apps to iphones
• Small flashlight
• Measuring tape
• Hand sanitizer
• TB mask