

# GHI Packing List Suggestions

**As you pack, please remember you are representing LLUH.**

## Travel Documents

- ◇ Passport/Passport holder\*
- ◇ Permanent Resident Card or I-20 (*for non US citizens*)\*
- ◇ Visa (*if necessary*)
- ◇ Clinical License (*if necessary*)
- ◇ Paper copy of Passport/Visa\*

## Toiletries

- ◇ Soap/Body wash/Face wash
- ◇ Toothbrush/Toothpaste/Floss\*
- ◇ Shampoo/Conditioner
- ◇ Dry shampoo
- ◇ Hairbrush/Comb\*
- ◇ Hairbands/Pins\*
- ◇ Make-up/Make-up Remover\*
- ◇ Deodorant\*
- ◇ Perfume/Cologne
- ◇ Lotion/Moisturizer
- ◇ Lip balm\*
- ◇ Hand sanitizer\*/Antibacterial wipes\*
- ◇ Sunscreen/Aloe Vera
- ◇ Washcloth/Towel
- ◇ Razor/Shaving gel
- ◇ Contact lenses/Solution\*
- ◇ Glasses/Glasses case\*
- ◇ Feminine products
- ◇ Cotton swabs
- ◇ Air freshener
- ◇ Nail clipper/filer
- ◇ Tweezers
- ◇ Mirror
- ◇ Toilet paper\*

## Miscellaneous Items

- ◇ Bible & reading material
- ◇ Snacks/Gum\*
- ◇ Journal/Pens/Pencils\*
- ◇ DEET: 25% is recommended
- ◇ Hat/ Bandana
- ◇ Nalgene/sturdy water bottle (empty)\*
- ◇ Sunglasses/Sunglasses case\*
- ◇ Small gifts for kids (not candy, e.g. coloring books or small stuffed animals)
- ◇ Small gift for host(s)
- ◇ \$ for activities and shopping\*
- ◇ Camera/Battery/Charger/SD card/Tablet/Laptop
- ◇ Phone\*/Charger\*/Alarm clock
- ◇ Headphones\*
- ◇ Dirty clothes bag
- ◇ Backpack/Day bag
- ◇ Flashlight/Headlamp
- ◇ Travel sewing kit
- ◇ Watch with seconds count
- ◇ Face masks
- ◇ High protein snacks

## Clothing (dress modestly/in layers)

- ◇ T-shirt//Light weight pants/Jeans/Shorts/Long skirts/Dresses
- ◇ Belt
- ◇ Church clothing
- ◇ Scrubs for clinic
- ◇ Lightweight jacket/fleece
- ◇ Undergarments/Socks/Compression socks (flight)\*
- ◇ Bathing suit/Water clothes
- ◇ Pajamas
- ◇ Raincoat/Umbrella

- ◇ Pepto-Bismol/ Imodium/Anti-acid
- ◇ Benadryl/Benadryl Cream
- ◇ Ibuprofen, Aspirin or Tylenol\*
- ◇ Dramamine (both AM/PM)\*
- ◇ Hydrocortisone Cream
- ◇ Emergen-C/Electrolytes packets (water mix)\*
- ◇ Personal Medication\*

- ◇ Personal/Travel Pillow (optional)\*
- ◇ Small Blanket (optional)
- ◇ Ear plugs\*/Eye mask\*
- ◇ Hammock (optional)

- ◇ Tennis/walking shoes
- ◇ Dress shoes for church
- ◇ Flip flops for shower
- ◇ Water shoes (optional)
- ◇ House shoes/Slippers

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- ◇ Azithromycin, Doxycycline, or Clindamycin (antibiotics)
- ◇ Praziquantel (parasitic infections)
- ◇ Ofloxacin or Erythromycin (antibiotic eye drops)
- ◇ Furosemide (diuretic)

- ◇ International vaccinations
- ◇ PEPCID
- ◇ Charcoal capsules
- ◇ Dayquil
- ◇ Throat lozenges

[illegible]