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*)

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

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

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*
- ♦ Bathing suit/ Water clothes
- ♦ Pajamas
- ♦ Raincoat/Umbrella

Medication

- ♦ 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*

Bedding Needs

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

Shoes

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



LOMA LINDA UNIVERSITY HEALTH

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^{*}Recommended for carry-on along with a change of clothes and any other personal preferences.