

Suggested Packing List

The packing list that follows includes general items that may be helpful when traveling to any international site. SIMS advises that you check with your site preceptor to determine if there are any additional items you should bring that would be particularly useful at that site. Additionally, if there are other expatriates living at the site, their input will be most helpful.

ALL SIMS participants are required to have a nametag. Any nametag will work, whether it is embroidered, pinned, or simply stuck to your clothes. A pocket medical dictionary in the native language of your country will also come in very handy, though it is not required.

Primary health care students: All medical students participating in SIMS are required to have a white coat. Scrubs may or may not be required at your site, though SIMS recommends taking one set of blue and one set of green scrubs to be prepared for possible clinical experiences. You should bring medical items with you that you own, as well – a stethoscope, blood pressure cuff, and drug reference guide will be the most useful.

Things to leave home:

- Unnecessarily large amounts of personal care products or clothing (take less clothing and wash it more often!)
- Expensive, costly items or items which would be hard to replace if ruined/lost
- Do not pack sharp/seemingly dangerous items in your carry on—including containers of liquids over 3 oz. If in doubt, put the item in your checked luggage or leave it at home! You will find current regulations at <http://www.tsa.gov/traveler-information/prohibited-items>

Things to Pack:

Personal documentation & money

- Passport
- Visa
- Yellow immunization card
- Student ID
- Cash
- Credit/Debit Card (if you will be in an area where you can use it)

Clothing/Shoes

- Business casual clothing (or scrubs) for hospital setting
- Conservative Sabbath clothing (think conservative!) for church activities
- Casual clothing (but still conservative) for “off time”
- Sleepwear
- Underwear and socks
- One light and one heavier jacket or sweater (the weather can be unpredictable)
- Shower flip-flops or sandals you will not mind getting wet
- Comfortable shoes for walking/hiking
- Clean, dressier shoes for work/church (but still comfortable!)
- Thin bath towel that will dry quickly

Personal care products

- Shampoo/conditioner
- Soap/cleansers
- Face/body cream
- Razors/shaving cream
- Brush/comb/hairclips
- Toothbrush/toothpaste/floss
- Deodorant

Personal first-aid

- **Antibacterial hand gel or moist wipes**
- Anti-diarrheal medicines (Immodium, charcoal tablets, etc.)
- Anti-motion sickness medications (i.e., Dramamine)
- Antihistamines (for bug bites and allergies)
- Band-aids and antibiotic ointment
- Broad-spectrum oral antibiotic
- Chlorine or iodine tablets for water purification
- **Insect repellent containing DEET**
- Pain meds (Tylenol, Aspirin, Advil, etc.)
- Sunscreen
- Prescription medications (keep in original bottles with prescription and bring extra)
- Glasses or contact lenses and an extra pair
- Plenty of disinfectant and cleaning solution for contact lenses

Other items

- Bible/inspirational writings
- Ear plugs (for airplane or public transportation)
- Sunglasses
- Hat
- Water bottle
- Flashlight/headlamp (extra batteries & bulbs)
- Watch with an alarm or a battery-operated alarm
- Camera, memory card, & extra batteries/charger
- Plug adaptor/converter
- Journal and pens
- Fanny pack or traveler's wallet
- Hangers
- iPod and iPod speakers/charger
- A leisure book for reading
- Comfort foods (peanut butter, etc.)
- Special dietary foods you might not find at your host site (sugar-free, low salt, vegan, etc.)

Supplies for Clinical Students and Volunteers

- White lab coat

- LLU ID/name tag
- A few sets of plain blue and/or green scrubs
- Blood pressure cuff
- Otoscope
- Stethoscope