

CENTER FOR GLOBAL HEALTH MASTER PACKING LIST

*Pack in carry-on luggage, which you can consider your “GO-BAG”. Having a “go-bag” is considered a basic security measure. This is a small bag with essential items that you can grab if you have to “go” somewhere quickly, i.e. evacuate in case of emergency. This should sustain you 1-2 days even if your main luggage is lost or inaccessible. Pack accordingly, missions vary in requirements, carry on and checked baggage has weight limit requirements.

Documents (+ copies of essentials)

Passport valid for 6 mos*
Visa*
Immunization card*
Air ticket*
Emergency Contact Information and phone tree* (see below)
Medical insurance/Evac card*
Trip cancellation insurance*
International calling card*
Driver’s license*
ATM/credit cards*
Cash* (\$200, in 20s)
Copy of medical school diploma/professional training certificate
Copy of medical/professional license
Hospital ID badge
Extra passport photos
Business cards
CV/Résumé
Terms of Reference (TOR)
Resident in good standing letter
[Rotation Supervisor Evaluation Form](#)
[Envelope for evaluation form](#)

Emergency contact list/phone tree*

Field supervisor/contact
Int’l express mail address
Arrival/airport contacts
Local US embassy
Family, friends, neighbor
Faculty mentor
[Boss/ Program director](#)
Lost ATM/credit card reporting
[International](#) evacuation information
BlueCross/BlueShield
Local airline office
[Your travel agent](#)

Gear

Money belt*
Day pack/Go-Bag* (see below)
Headlamp/flashlight*
Water purifier or tablets*
Mosquito net*
Sleeping sack/sheet/bag*
Sunglasses/hat*
Rain protection*
Pocket tissues (toilet paper)*
Water Bottle*
Change of clothing*
Matches (wind/waterproof)*
High energy, non-perishable food (energy bars, dried fruit/nuts)*
Closed-toe walking shoes/boots*
Luggage locks (for hotel, not flight)
Backpack/Duffel for Gear
Alarm clock
Bandana/scarf
Travel clothesline
Laundry detergent
Clothing: bathing suit, belt, sleepwear, scrubs, shirts, pants
Sink stopper
Ziploc bags
Phrasebook
Travel guide
Stethoscope /White coat
Pocket medical references
Duct tape
Swiss Army knife
Sewing kit
Flip-flops
Quick-dry travel towel
Ear plugs/eye cover

Extras

Notebook/journal/pens
Photos from home
Gum/candy/PowerBars
Crystal Light (for iodine tablets)
Magazines/novels
Playing cards/games
‘Harvard’ pens/small gifts
Textbooks
Equipment donations
Camp style pots/pan/spork/shovel
Camp stove and fuel
Candle
Compass
Otoscope/Ophthalmoscope
Gloves
Cold-weather gear

Electronics

Laptop and power cord*
Flash drive*
SecurID tag*
Satellite phone* (if available)
Unlocked cell phone + charger+ extra battery*
iPod/kindle/iPad and charger
PDA and charger
Skype headset
Extra laptop battery
Blank CD-ROMs
Electrical adapters/converter
Camera
Memory cards for camera
Modem/phone adapters
Other cables and adapters
Extra batteries
Surge protector
GPS
Handheld calculator

Toiletries

Comb/brush
Razor/shaving cream
Deodorant
Contact lens kit
Eyeglasses
Toothbrush/paste
Dental floss
Makeup
Mirror
Lotions/creams
Sunscreen
Lipbalm
Shampoo/soap
Tampons
Facecloth

First Aid Kit

Prescription medicine*
Antimalarials
Post-Exposure Prophylaxis
Purell
Fluconazole
Bacitracin
Dramamine
Cipro
Immodium
Laxative
Tylenol/Motrin
Sudafed
Antihistamine
Albuterol inhaler
Prednisone
Compazine
Mosquito repellent
Vitamins
OCs/Plan B
Band-aids
Moleskin
Alcohol wipes
Cloth tape
Steri-Strips
Safety pins
Tweezers
Spare eyeglasses/contacts
Sutures and needle driver
Nitrile gloves
Condoms