



u.s. international health alliance Packing List

Please pack only what you will need for your stay. You will have the opportunity to hand wash clothes at local washing sites. A wash machine is available on Saturday mornings for students. Pack ONE bag you can carry, and reserve one bag for donations to medical sites, which may include donated medicines, supplies and whatever you purchase/bring [books, toys, etc.] to give away.

The bottom line in dressing for your IHA site is to look neat, well groomed and professional. You will quickly find that Central Americans dress as a sign of respect for others. Therefore, dress nicely, whether at “home base” or in the villages.

CLOTHING – WOMEN AND MEN

- Comfortable, sturdy hiking shoes [or tennis shoes in place of or additional to hiking shoes]
- Beach shoes or sandals [Chaco or Teva-type sandals. Flip-flops not recommended!]
- A few pairs of underwear and socks [high socks that can be tucked into your pant e.g. work best to protect your ankles from insect bites]
- Light jacket or sweatshirt
- Lightweight rain gear
- Sleep wear [scrubs okay for PJ's but not permitted in clinics]
- Nice clothing for dressing up for Mass/special occasions
- Bermuda or walking shorts for “home base”. Shorts must be longer/walking style shorts and may only be worn at “home base”. Shorts are not culturally acceptable in the villages.
- Swimsuit

CLOTHING – WOMEN

- A few short-sleeved blouses or sleeveless [no ‘thin-strapped’ or short tops] which may be worn in a variety of combinations with slacks, skirts or sundresses
- A few slacks and/or shirts/cotton dresses. [Khakis are great]
- Biodegradable Tampax or pads, stored in Ziploc bags

CLOTHING – MEN

- A few short-sleeved collared or t-shirts
- A few slacks or light weight cotton slacks [Khakis are great]

TOILETRIES / MISCELLANEOUS

- Travel alarm clock
- Toothbrush and toothpaste
- Deodorant, Bath soap [Ivory floats], shampoo
- Towel or chamois [works as a towel, dries faster] and washcloth
- 2 rolls toilet paper
- Baby wipes / Anti-bacterial hand gel
- Sunscreen and moisturizing cream or after sun lotion
- Any medications regularly used [anti-diarrhea medication, ibuprophen, Tylenol, etc.]
- Mosquito repellent [Cutters, Deet, Avon Skin-So- Soft, etc.]
- Gum and hard candy
- Journal

- Small quantity of powdered or liquid detergent
 - Razor
 - Comb/Brush
 - Plastic bags for shoes, dirty clothes, etc. [Ziplocs are best]
 - Camera [film and batteries are less expensive in the U.S.]
 - Sunglasses and sun hat
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- If contacts are worn, adequate cleaning solution, extra pair of contacts and glasses
 - Flashlights with extra batteries
 - English/Spanish dictionary [*optional*] and medical book
 - Water bottle
 - Stethoscope
 - Deck of playing cards [other small toys/children's books, in Spanish if applicable]
 - Backpack or small bag to carry daily material ['fanny pack']

TRIP SPECIFIC LIST:

Dolores

- Light weight sleeping bag
- Mosquito net [not the hanging kind]
- Overnight backpack
- Donation items that will be helpful for your work but NOT required
- Baby formula, Pedialyte, dried milk, clothing, shoes for children and infants [used but in good condition], baby bottle nipples for kids with cleft, worm medicines
- Small family picture [showing faces, but no elaborate background] to share with your host family

GENERAL

If you are bringing any medical instruments with you, they should be packed in a bag you plan to check. In case of loss of luggage, be sure you have a packing list which contains the items and the value of the contents of each bag. All medications, whether for personal use or brought as donations, should be listed. One copy should be in the bag to be checked, carry one copy with you and leave a copy at home. This also ensures that, if the bag is searched, the customs/security people can be assured that any sharp instruments are packed for a valid purpose.