



### Packing List for DOCARE Volunteers

*The following is a basic, general list. Please consult your trip director, trip materials, guidebooks, travel medicine clinician, and weather reports to plan for the location you are visiting.*

#### *Clothing:*

- Jeans or other lightweight pants and T-shirts
- Scrubs for the work week
- Sweater, sweatshirt or jacket
- Socks and underwear
- Bathing suit (some hotels have a pool)
- Tennis shoes
- Hat with visor or broad brim
- Water repellent jacket, poncho or umbrella

#### *Toiletries/Personal Medications:*

Bear in mind that most toiletries can likely be purchased in your destination country.

- Personal toiletries, deodorant, shaving gear, cosmetics, soap, shampoo, toothpaste and hand/body lotion
- Personal medications, headache, allergy medication, cold or sore throat remedies
- Pepto-Bismol, Kaopectate or other OTC medication for traveler's diarrhea
- A broad-spectrum antibiotic such as Ciprofloxacin (strictly for use in case of illness)
- Lip balm
- Insect repellent for skin or to spray / mosquito net and malaria prophylaxis (for malaria-endemic regions)
- Sunscreen (SPF 30+)
- First aid items such as Band-Aids or antibiotic ointment
- Hand sanitizer/wipes
- WHO card documenting vaccinations received

#### *Medical Equipment:*

- Stethoscope
- Blood pressure cuff
- Other basic, handheld medical equipment for primary care

#### *Other:*

- Adaptor for electric sockets (specific to the destination country - check guidebooks or Google for specifics)
- Notebook, paper, pen
- Spanish/English dictionary or electronic Spanish dictionary (or the same in another language)
- Medical Spanish book or app
- Sunglasses
- Flashlight
- Kleenex
- Camera, camera batteries, and a memory card/flash drive
- Photocopies of your passport, medical license, and/or student ID
- Unlocked phone or instructions for unlocking your phone (in the event you wish to buy a local SIM card)

#### *Donation Items:*

Please contact your trip director prior to collecting, purchasing, or packing medical equipment or supply donations of any kind, as this requires coordination for logistical, legal, and customs-related reasons.