



## Packing for Students & Physicians

**Luggage:** For this particular trip, you can feel free to bring either rolling luggage or backpack type luggage. Please bring a small daypack or backpack as well for taking items to the clinic and free days, etc. Doctors Goodwill Foundation participants are allowed to bring 2 checked pieces of luggage (as long as one is for donations). You must be able to carry your own luggage. Also, please check with each airline to see baggage limits and we will assist you on donations for your luggage.

### **Documentation:**

- Don't forget PASSPORTS AND ID!!! Please make 3 copies and place them in safe areas you will remember.
- VISA please see countries requirement and paperwork. Follow government websites and we will assist you also.

### **Important items to pack for your Doctors**

#### **Goodwill Foundation Family Mission Trip:**

- Scrub tops and pants (3 pairs a week)
- Tennis shoes/closed toed shoes for clinics
- Light Towel & washcloth
- Day pack/Backpack
- Black marker to label your stuff with your initials
- Lots disposable pens, pencils, and 1 set markers
- Water bottle with clip
- Water purification tablet and/or water filter tips found at Walmart or amazon
- Sunscreen
- Bug repellent spray/wipes
- Rain poncho and/or umbrella/light rain jacket
- Flashlight and batteries
- Personal products (shampoo, conditioner, soap, razors)
- Garbage bag for dirty scrubs/clothes
- Antibacterial hand gel/spray/cream
- Hand sanitizers solution or wipes
- Toilet Paper rolls (2 a week)
- Disposable Portable Toilet System
- Adult wipes box 50 to 100
- Goggles and or face shields
- Scrub hats/skull caps or bandanas to keep their hair back
- Disposable Face mask
- Cap shoe covers 30 each
- Headlamp
- Stethoscope
- Blood Pressure Cuff
- Medical gloves 1 box of disposable gloves
- Battery operated alarm clock
- Wristwatch that counts seconds
- TSA approved luggage locks (DGF is not responsible for lost, misplaced/stolen items)
- Minimum of \$200-400 depending on the length of your trip for meals and souvenirs

### Some items you may want to consider bringing:

- Camera with extra batteries or battery charger
- Hat and sunglasses
- Flip-flops/slippers/champals and water shoes for shower/beach
- Shorts/ lightweight pants/skirts and shirts
- Lightweight jacket/sweater
- Thermal Underwear if weather is cold or mountain region
- Swimming suit
- Journal and pens
- Language Translation phrase book or dictionary of country
- Sheets and Travel pillow
- Prescription glasses (may be difficult to wear only contact lenses throughout trip)
- Snacks, bars, chips, candy, etc make sure item does not require refrigeration

### Physicians:

- Diagnostics/procedure tools from your specialty for patients
- Otoscope
- Ophthalmoscope
- BP cuff
- Pulse ox
- Stethoscope
- Foley kit or any other disposable kits for trip
- Any old/ used equipment you wish to donate from hospital, pharmaceutical companies or your practice.
- Prepare CME lecture for students for your specialty
- Any other donations are welcome

### Medicine:

- Vaccine for India and Nepal not needed. Other countries we will let you know in advance which shots to obtain.
- Any personal or prescription medicine you are currently taking.
- Mefloquine tab 50mg 1 week before you live the States, then once a week till end of trip, then after trip 1 week later last dose of 50mg (India, Nepal, and Africa).**
- Ciprofloxacin 250mg twice a day for 7 days for cold, cough, and sinusitis
- Imodium tab for loose stools
- Tylenol
- Decongestant
- Motion sickness medications short supply
- Aloe Vera (for sunburn relief)

### Bring at your own risk:

- Cell phones. In India you can purchase disposable phones.
- iPod/smart devices
- Laptops
- Expensive jewelry
- Anything of sentimental value