

PACKING IDEAS FOR YOUR PERSONAL USE AND SAFETY

- Mosquito repellent (body spray, lotion or wipes, with DEET recommended)
- Mosquito net
- Permethrin spray for use on clothing prior to travel
- Personal hand sanitizer and handwipes
- Personal wake-up device
- Personal and travel preventative medications
- Food and snacks for your own needs, outside of provided meals (high quality/high energy)
- Copies of important documents (passport, driver's license, medical license, domestic and international tickets, insurance information, health insurance cards, insurance information, health insurance cards, emergency contact information)
- New U.S. dollars in excellent condition for trading funds in country
- Little-used credit card for use in airport or large cities while in transit or in cities
- Hat/cap with brim for sun and rain
- Light rain jacket/poncho with hood
- Small first aid kit
- Money/passport belt
- Sun screen, lip balm
- Flashlight, headlamp, extra batteries (>100 lumens)
- Extra charging cord for phone
- Oral rehydration salts/Gatorade
- Plug adapter/voltage converter/surge protector (Google the correct type for the country you are working in)
- Sunglasses
- Menstrual supplies (if needed) – generally not available in locations where we work
- Leatherman-type tool
- Gloves, masks, hand sanitizer, baby wipes

SUGGESTED CLOTHING FOR AFTER CLINIC OR TRAVEL, FREE, OR SIGHTSEEING DAYS

- 1 pair sturdy walking or tennis shoes (No open-toe shoes in clinic, please)
- 1 pair sturdy comfortable shoes for outside clinic
- Undergarments and socks (fast drying)
- Light weight, long sleeve shirt and long pants for insect protection
- 1 set of clothing for sightseeing day (appropriate to the activity)
- T-shirts for under scrubs or after clinic
- Lightweight pants for after clinic
- 1 light sweater/sweatshirt (for plane/evenings)
- Sleepwear
- Day pack or small back pack
- Toiletries: toothbrush, toothpaste, floss, hairbrush, makeup, makeup remover
- Shower supplies: Swimsuit, towel, washcloth, shampoo (TSA-compliant size), shower shoes
- Large plastic bags (to organize items and protect against rain)
- Water bottle, widemouth preferred (bottled water for refilling your bottle will be provided on the trip)

NICE TO HAVE

- Camera with extra battery and memory card
- Pens, Sharpies, paper, personal journal
- Book or other reading materials for flights
- Gum, candy, etc.
- Sleep mask, ear plugs

DONATIONS FOR OUR PATIENTS

Donations for patients are strictly voluntary. We are honored that you have volunteered with our organization, giving your expertise, time, and money. If you are able to supplement IMR supplies, we thank you very much! If you are not able to donate additional supplies, we thank you for everything you are doing.

ITEMS NEEDED

- Small bars of soap (1 oz)
- Reading glasses (Dollar Store Readers)
- Sunglasses (Dollar Store Sunglasses)
- Emery boards (small ones)
- Prenatal vitamins/adult vitamins (no gummies)
- Infant vitamins
- Pediatric chewable or liquid ibuprofen
- Pediatric liquid acetaminophen
- Pediatric allergy medications
- Lubricating eye drops (individual-dose vials)

CARRY-ON BAG PACKING LIST

- Clothing
- Toiletries
- Phone, other electronics, charging cords
- Medications (prescription and over the counter)
- E-Tickets and domestic hotel information
- Copy of passport and driver's license (kept separate from your passport)
- Emergency contact information
- IMR Departure Packet customs forms and customs form page
- Pen for filling out customs forms
- International calling card/text or data plan or an unlocked, international phone (with international SIM card)
- Credit cards, cash (limited quantities) Tip: Carry a little-used credit card to limit loss if the card is lost or stolen
- Snacks, water for plane (purchase after going through TSA)
- Books (if desired)
- Money belt for passport – waist, neck, or calf
- Ear plugs (if desired)
- A low-dose aspirin for blood clot prevention on airplane (as recommended by your doctor)