**International Rotation Packing List**

*(Adapted from Harvard Humanitarian Studies Initiative for Residents)*

*Pack in carry-on luggage.*

<table>
<thead>
<tr>
<th>Documents</th>
<th>Electronics</th>
<th>Gear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passport* (plus copy)</td>
<td>Laptop and power cord*</td>
<td>Money belt*</td>
</tr>
<tr>
<td>Visa* (plus copy)</td>
<td>Electrical adapters/converters</td>
<td>Day pack</td>
</tr>
<tr>
<td>Immunization card* (plus copy)</td>
<td>Modem/phone adapters</td>
<td></td>
</tr>
<tr>
<td>Air ticket* (plus copy)</td>
<td>Surge protector</td>
<td></td>
</tr>
<tr>
<td>International SOS card* (plus copy)</td>
<td>Flash drive*</td>
<td></td>
</tr>
<tr>
<td>Medical insurance card*</td>
<td>SecurID tag*</td>
<td></td>
</tr>
<tr>
<td>Trip cancellation insurance*</td>
<td>Skype headset</td>
<td></td>
</tr>
<tr>
<td>International calling card*</td>
<td>Extra laptop battery</td>
<td></td>
</tr>
<tr>
<td>Driver’s license*</td>
<td>Unlocked cell phone and charger*</td>
<td></td>
</tr>
<tr>
<td>ATM/credit cards*</td>
<td>iPod and charger*</td>
<td>Blank CD-ROMs</td>
</tr>
<tr>
<td>Cash*</td>
<td>PDA and charger*</td>
<td>Camera*</td>
</tr>
<tr>
<td>Copy of medical school diploma</td>
<td>Water purifier or tablets</td>
<td>Memory cards for camera</td>
</tr>
<tr>
<td>Copy of medical license</td>
<td>Phrasebook</td>
<td>Other cables and adapters</td>
</tr>
<tr>
<td>CV/Résumé</td>
<td>Travel guide</td>
<td></td>
</tr>
<tr>
<td>‘Resident in good standing’ letter</td>
<td>Laundry detergent</td>
<td></td>
</tr>
<tr>
<td>Hospital ID badge</td>
<td>Sink stopper</td>
<td></td>
</tr>
<tr>
<td>Terms of Reference (TOR)</td>
<td>Travel clothesline</td>
<td></td>
</tr>
<tr>
<td>Rotation Supervisor Evaluation Form</td>
<td>Envelope for evaluation form</td>
<td></td>
</tr>
<tr>
<td>Envelope for evaluation form</td>
<td>Ziploc bags</td>
<td></td>
</tr>
<tr>
<td>Business cards</td>
<td>Water purifier or tablets</td>
<td></td>
</tr>
<tr>
<td>Extra passport photos</td>
<td>Phrasebook</td>
<td></td>
</tr>
<tr>
<td>Address/contact list*</td>
<td>Travel guide</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stethoscope</td>
<td></td>
</tr>
<tr>
<td></td>
<td>White coat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pocket medical references</td>
<td></td>
</tr>
</tbody>
</table>

**Address/contact list***

- Field supervisor
- Int’l express mail address
- Arrival/airport contacts
- Local US embassy
- Family, friends, neighbor
- Faculty mentor
- Residency program director
- Lost ATM/credit card reporting
- International SOS
- BlueCross/BlueShield
- Local airline office
- Your travel agent
- BWH ED Alpha desk

**Other cables and adapters**
Handheld calculator  
Extra batteries  

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

**Toiletries**  
Toothbrush/paste  
Dental floss  
Shampoo/soap  
Comb/brush  
Razor/shaving cream  
Deodorant  
Contact lens kit  
Eyeglasses  
Sunglasses  
Makeup  

**Extras**  
Mirror  
Lotions/creams  
Lipbalm  
Tampons  
Facecloth  
Prescription medicine*  
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