

International Rotation Packing List

(Adapted from Harvard Humanitarian Studies Initiative for Residents)

*Pack in carry-on luggage.

Documents

- Passport* (plus copy)
- Visa* (plus copy)
- Immunization card* (plus copy)
- Air ticket* (plus copy)
- International SOS card* (plus copy)
- Medical insurance card*
- Trip cancellation insurance*
- International calling card*
- Driver's license*
- ATM/credit cards*
- Cash*
- Copy of medical school diploma
- Copy of medical license
- CV/Résumé
- 'Resident in good standing' letter
- Hospital ID badge
- Terms of Reference (TOR)
- Rotation Supervisor Evaluation Form
- Envelope for evaluation form
- Business cards
- Extra passport photos
- Address/contact list* (see below)

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

Gear

- Money belt*
- Day pack

- Alarm clock
- Headlamp/flashlight
- Mosquito net
- Sunglasses
- Sleep sack
- Rain protection
- Duct tape
- Swiss Army knife (no carry-on)
- Sewing kit
- Ear plugs*
- Pocket tissues (toilet paper)
- Luggage locks (for hotel, not flight)
- Quick-dry travel towel
- Flip-flops
- Bandana/scarf
- Travel clothesline
- Laundry detergent
- Sink stopper
- Ziploc bags
- Water purifier or tablets
- Phrasebook
- Travel guide
- Stethoscope
- White coat
- Pocket medical references

Electronics

- Laptop and power cord*
- Electrical adapters/converter
- Modem/phone adapters
- Surge protector
- Flash drive*
- SecurID tag*
- Skype headset
- Extra laptop battery
- Unlocked cell phone and charger*
- iPod and charger*
- PDA and charger*
- Blank CD-ROMs
- Camera*
- Memory cards for camera
- 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
- Sunscreen
- Makeup

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

Extras

- 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