



Clinicians of the World

Pursuing a Healthier World

Medical Mission Travel Checklist

- Passport (plus 2 extra copies of front page)
- Driver's license
- Plane ticket (best if electronic)
- Pocket money
- Credit Card
- Clinicians of the World ID Badge
- Emergency contact numbers (on 2 separate index cards)
- Personal prescription medications
- Chloroquine (malaria medicine)
- Medical instruments (stethoscope, scissors, headlamps, ophthalmoscope, ect)
- Fanny pack
- Casual shirts
- Casual dresses (ladies)
- Light make-up (ladies)
- T-shirts
- Casual cotton pants or jeans
- Pajamas or Shorts (for sleeping)
- Underwear
- Swimsuit (modest)
- Sheets
- Pillow/pillowcase
- Sleeping bag (optional)
- Rain Jacket
- Sun Hat
- Sunglasses
- Sunscreen lotion
- Sturdy Shoes (optional)
- Tennis shoes

- Walking sandals
- Water shoes (for showering/bathing)
- Toothbrush/Toothpaste
- Soap
- Toiletries (dental floss, mouthwash Q-tips, shampoo, Kotex, etc.)
- Small package wet wipes
- Bath towels/wash cloths
- Body lotion
- Shaving cream
- Electric shaver
- Razor
- Deodorant
- Eyeglasses
- Contact lenses
- Contact lens case
- Lens cleaning solution
- Toilet paper – 2 full rolls/week
- Antiseptic hand wash
- Mosquito repellent with DEET
- Mosquito net (best if treated with Permethrin WHO recommended)
- Small flashlight (manual rechargeable or w/ batteries)
- Earplugs (optional- if needed at night)
- Digital camera (* w/charger)
- Video camera (* w/charger)
- Fan (manual or battery operated)
- Electrical converter (not need for Haiti)
- Cell phone/PDA (* w/charger)
- iPod (* w/charger)
- Laptop computer (optional)
- Reading material
- Language pocket guide
- Pens, Marker, Highlighter
- Notebook
- Energy Bars/Snacks