

Packing List

Clothing Items

- Business casual pants or khakis (required for clinical hours if not wearing scrubs)
- 2 pair of business casual shoes or sneakers – not open toe! (required for clinical hours)
- Shorts
- Swimwear – conservative, appropriate attire recommended (just in case)
- Pajamas, nightwear
- Tennis shoes (for day trips)
- Undergarments (15 days' worth)
- 1 casual dress/dress pants/shirt & tie for closing dinner
- Business casual short sleeve shirts (required for clinical days if not wearing scrubs)
- Socks (required for clinical hours)
- Denim jeans
- Casual shirts
- Workout clothes (for fitness center)
- Light jacket (waterproof)
- Sandals/Flip-flops
- 1 pair of rubber boots in case it pours and streets flood

Clinical Items

- Safety Glasses/Face Shield
- Toys/candy for kids in hospital
- Journal (for nightly entries)
- Stethoscope
- Notebook, pens and clipboard
- Nitrile Exam Gloves & Procedure Masks

Other Items

- Plug adapter*
- Umbrella (compact)
- Drink mixes (for water)
- 1 Towel (just in case)
- Snack items (for evenings)
- Aspirin/Ibuprofen (other OTC meds) ***
- Band-aids, antibiotic cream & hand sanitizer
- Books/E-books for leisure reading
- Garbage bag (for packing dirty clothes in on return trip)
- Mobile phone & charger
- Copies of important documents
- Power converter**
- Water bottle (insulated)
- Toiletries (soap, shampoo, toothpaste, toothbrush, razor, shaving cream, etc.)
- Mosquito Repellent (at least 30% DEET)
- Sun block
- Prescription medication(s) & OTC medications
- Tablet Computer (optional)
- Sunglasses
- Laptop (only for those who really need it)
- Passport
- Cash

Be sure to review the luggage policies of the airline you will be flying.

* Plug adapter may or may not be required depending on plug types available in the hotel which vary – many electronic devices can convert 220v outlets without a power converter.

** Power converters are required if you bring any personal appliances (hairdryers, irons, electric razors, etc.) that do not normally have the ability to convert 110v-220v like modern electronic items.

*** MedSchoolCoach staff will not be able to administer over-the-counter medications, so it is recommended that students bring their own.

MedSchoolCoach LLC. is not responsible for any damaged, lost, or stolen items