

Clothing

- Scrubs
- 2 shirts per day
- 3 pair shorts
- 2 pair of pants/capris
- Underwear
- Bras
- Socks
- sleepwear
- 1-2 ankle length dress
- Comfortable shoes
- Sandals
- Visors/hat
- Sunglasses
- Support stockings
- Swimsuit

Toiletries

- Toothbrush
- Toothpaste
- Deoderant
- Moisturizer face
- Moisturizer body
- Sawyer Bug Repellent -body
- Sawyer Bug Repellent-Clothing
- Sunscreen
- 4 rolls toilet paper (travel size)
- Purell Sanitizing towels
- Sanitizing wash
- lip balm
- Shampoo/conditioner
- hairspray
- mouthwash
- Breath Mints
- Bath Soap
- hair gels, pomades, etc.
- vaseline
- anticeptic ointment
- band aids
- nail file
- clippers
- laundry soap
- gum

Ladies: Plan for period. It will happen

Food

- nuts
- energy bars
- dried meat

Presentations

- educational materials
- Projector
- CD's
- Video
- handouts
- slides
- visual aids/products

Misc.

- Earplugs
- Travel Hairdryer
- sunglasses
- neck pillow
- travel clock
- Flashlights Large/small
- sewing kit
- Hankerchiefs (buy there)
- eye glass repair kit
- travel umbrella

OR Staff Essentials

- Lab coat, OR scrubs,
- OR cap, OR shoes

Tech Support

- Computer
- Computer Charger cord
- Movie Camera
- Digital Tapes
- Camera
- Film/Memory cards
- batteries (bring extras)
- battery charger
- DVD's
- CD's
- 2 adapters (UK)
- cable
- headphones/Y adapter

Medications

- Larium or other
- Expectorant
- Nyquil
- Immodium
- Antacid
- Advil
- Sleep aid of choice
- antihistamine of choice
- Hydrocortisone Cream
- Motion sickness med
- Advil cold and sinus

Surgical/Medical Needs

- drugs
- xrays
- retractors
- elevators
- cast materials

Documents

- Travel itinerary
- Medical License
- Med Jet
- Passport/Visa
- Plane Tickets
- Other**
- Emergency Numbers
- Family/work