



PROJECT C.U.R.E. CLINICS

SUGGESTED PACKING LIST

REQUIRED DOCUMENTATION:

- PASSPORT/VISA
 - ***KEEP YOUR PASSPORT ON YOUR PERSON AT ALL TIMES***
 - Copy left at home
 - Copies in a secure place
 - Memorize the passport number, date of issue and place of issue
- TICKETS AND ITINERARY
- IMMUNIZATION CARD
- EXTRA PASSPORT PHOTO
- C.U.R.E. KIT AND DECLARATION OF DONATION LETTER

REQUIRED TRAVEL ITEMS:

- Emergency contact information
- Money belt and US currency
- Credit card for emergencies
- Credit card cancellation information

Suggested Travel Items:

- Head lamp or flash light with extra batteries
- Personal First Aid Kit
- Personal prescriptions in original containers
- Hand sanitizer
- Insect repellent with DEET
- Sunscreen
- Matches
- Alarm clock/Watch
- Duct tape
- Plastic bags
- Sleep Sack (optional)
 - We recommend Sea to Summit Insect Shield CoolMax Adaptor Liner (Available at most REI stores)

- Tissue and toilet paper
- Towel and/or washcloth
 - Some participants also like to have a quick drying towel available. These can be purchased at REI, The Army Surplus Store or Amazon.
- Re-useable water bottle
- Hat, sunglasses, waterproof jacket (clothing for inclement weather)
- Granola bars, dried fruit, peanut butter or other snacks
 - Note: Although meals are provided, it is recommended that participants bring a snack (Cliff bar, Luna bar, single serving nut butter pouch, etc.) for each day of the trip, in order to avoid hunger related crankiness
- Dried or pre-packaged food that is easy on the stomach
- Notebooks and pens/pencils
- Camera with extra memory card and charger/ disposable camera
- Converter/adapter kit
- Reading material/ activities for downtime

Suggested Clothing:

- 2-3 pairs of scrubs and/or lightweight pants and tops for clinic days
- 1-2 business casual outfits for dinners out or meetings with officials
 - For men: a pair of slacks and two or three button down shirts
 - For Women: Long skirts, long pants with a conservative top & scarf
- 1-2 casual outfits
 - After hours, shorts and jeans are acceptable as well as t-shirts but **SHORTS AND TANKTOPS ARE NEVER ACCEPTABLE IN PUBLIC DURING THE CLINIC PORTION OF THE TRIP.**
- 1 outfit for inclement weather
 - Sweater or other warm layer
 - Long pants
 - Rain jacket
- 1 set of pajamas
- 2-3 pairs of shoes
 - 1 comfortable pair to work in
 - 1 durable waterproof pair to use during travel and inclement weather
 - 1 pair of sandals is also recommended but not required

****Be aware that during sunrise and sunset is when most mosquitoes come out. Protect yourself by always wearing long clothes during these times and/or wearing insect repellent with DEET.**