PROJECT C.U.R.E. CLINICS
SUGGESTED PACKING LIST

REQUIRED DOCUMENTATION:
• PASSPORT/VISA
  o *KEEP YOUR PASSPORT ON YOUR PERSON AT ALL TIMES*
  o Copy left at home
  o Copies in a secure place
  o 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 repellant with DEET
• Sunscreen
• Matches
• Alarm clock/Watch
• Duct tape
• Plastic bags
• Sleep Sack (optional)
  o We recommend Sea to Summit Insect Sheild CoolMax Adaptor Liner
    (Available at most REI stores)
• Tissue and toilet paper
• Towel and/or washcloth
  o 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
  o 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 huger 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
  o For men: a pair of slacks and two or three button down shirts
  o For Women: Long skirts, long pants with a conservative top & scarf
• 1-2 casual outfits
  o 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
  o Sweater or other warm layer
  o Long pants
  o Rain jacket
• 1 set of pajamas
• 2-3 pairs of shoes
  o 1 comfortable pair to work in
  o 1 durable waterproof pair to use during travel and inclement weather
  o 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.