

TRAVEL CHECKLIST FOR PHYSICIANS WORKING OVERSEAS

Several months before your travel date:

- Update passport and make two copies of front page. Make sure your passport is valid for at least six months beyond your travel dates.
- Reserve plane ticket and print hard copies of ticket and boarding passes for all legs of the trip.
- Update immunizations and get any additional ones required by your destination, such as yellow fever or typhoid.
- Get a prescription for malaria prophylaxis. Most formulations call for starting before your departure date.
- Call your cellphone provider and ask about international rates for calls, data, and text messaging. Many companies offer specific deals depending on the length of your trip, the location, and your needs. If you bring your private cellphone, turn off the "data roaming" feature.

Items to bring:

- A driver's license.
- Pocket money; avoid bills greater than \$20 and bring lots of \$1 and \$5 bills for tips, buying small gifts, etc.
- Credit card and debit card. Call your bank ahead of time and give them your destination and travel dates so that "fraud protection" services won't block your transactions. Consider withdrawing a small amount of local currency when you arrive. Depending on where you go, many airports will have ATMs.
- An official identification badge of the organization you are travelling with (if applicable).
- Emergency contact numbers on two separate index cards.
- Personal prescription medications. Prepare two separate bags, and put these in two separate suitcases in case your luggage gets lost.
- Malaria prophylaxis tablets, antidiarrheal medications, and motion sickness medications, if needed.
- Medical instruments (stethoscope, scissors, headlamps, ophthalmoscope, gloves, etc.).
- Fanny pack.
- Clothing appropriate for climate and length of stay.
- Scrubs.
- Swimsuit (modest).
- Sheets.
- Pillow/pillowcase.
- Sleeping bag (optional).
- Rain jacket.
- Sun hat.
- Sunglasses (bring a couple of pairs).
- Sunscreen lotion.
- Sturdy or water-resistant shoes or boots (if walking or hiking is involved).
- Sneakers.
- Walking sandals.
- Flip-flops (for showering/bathing).
- Toiletries.
- Small package of wet wipes.
- Bath towels/wash cloths.
- Eyeglasses, contact lenses, contact lens case, and lens cleaning solution.
- Toilet paper (two rolls per week).
- Antiseptic hand wash; alcohol-based pocket-size containers are very useful.
- Mosquito repellent with DEET (if necessary).
- Mosquito net and Permethrin container (if necessary).
- Small flashlight (manual rechargeable or with batteries); head-mounted LED flashlights are particularly useful.
- Digital camera with charger; video camera with charger.
- Fan (manual or battery operated).
- Electrical converter.
- Cell phone/PDA, tablet, music-player with charger.
- Laptop computer with charger.
- Reading material (including medical references if necessary).
- Language pocket guide.
- Pens, marker, and highlighter.
- Notebook.
- Energy bars/snacks.
- Small gifts, particularly suited for children (e.g., stickers, crayons, packets of gum).
- Duct tape.
- Swiss Army knife or equivalent.
- Sturdy rope, rolled up.