



Clothing Items

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|---|--|
| <input type="checkbox"/> Business casual pants or khakis
<i>(required for clinical hours if not wearing scrubs)</i> | <input type="checkbox"/> Business casual short sleeve shirts <i>(required for clinical days if not wearing scrubs)</i> |
| <input type="checkbox"/> 2 pair of business casual shoes or sneakers – not open toe! <i>(required for clinical hours)</i> | <input type="checkbox"/> Socks <i>(required for clinical hours)</i> |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Denim jeans |
| <input type="checkbox"/> Swimwear – conservative, appropriate attire recommended (just in case) | <input type="checkbox"/> Casual shirts |
| <input type="checkbox"/> Pajamas, nightwear | <input type="checkbox"/> Workout clothes (for fitness center) |
| <input type="checkbox"/> Tennis shoes (for day trips) | <input type="checkbox"/> Light jacket (waterproof) |
| <input type="checkbox"/> Undergarments (10 days' worth) | <input type="checkbox"/> Sandals/Flip-flops |
| <input type="checkbox"/> 1 casual dress/dress pants/shirt & tie for closing dinner | <input type="checkbox"/> 1 pair of rubber boots in case it pours and streets flood |

Clinical Items

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| <input type="checkbox"/> Safety Glasses/Face Shield | <input type="checkbox"/> Stethoscope |
| <input type="checkbox"/> Toys/candy for kids in hospital | <input type="checkbox"/> Notebook, pens and clipboard for taking notes |
| <input type="checkbox"/> Journal (for nightly entries) | <input type="checkbox"/> Nitrile Exam Gloves & Procedure Masks |

Other Items

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