



LOMA LINDA UNIVERSITY

Global Health Institute

## Packing “Tips”

1. Personalize a packing list and “to do” list for yourself.
2. Each time you travel and forget something, add it to the list. Take the list with you so you can write in the item, so it is not forgotten.
3. Keep the List on your computer Desktop, so it is quick and easy to find and print when you are packing.
4. Date the list each time you update it so you use the most current.
5. Keep list to 1 page; don't include items you're not likely to forget.
6. Don't forget to review your list right before you finish packing!

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## SUGGESTED PACKING LIST

CLOTHING	MEDICATION/HYGIENE
<input type="checkbox"/> Business clothes – business casual	<input type="checkbox"/> Mosquito repellent
<input type="checkbox"/> Light jacket/sweater for layering	<input type="checkbox"/> Pepto-Bismol (tabs or liquid)
<input type="checkbox"/> Night gown	<input type="checkbox"/> Medication (list names/dosage)
<input type="checkbox"/> Socks/underwear	<input type="checkbox"/> Neosporin & band-aids
<input type="checkbox"/> Shoe covers	<input type="checkbox"/> Alcohol hand cleaner gel/wipes
<input type="checkbox"/> Accessories-pins, belts, etc.	<input type="checkbox"/> Make-up and nail stuff
<input type="checkbox"/> Shoes	<input type="checkbox"/> Deodorant and lotion/lip balm
<input type="checkbox"/> Tie/scarf	<input type="checkbox"/> Hair products/comb or brushes
<input type="checkbox"/> Large scarf or head covering – women (for conservative countries and religious sites)	<input type="checkbox"/> Glasses/sunglasses/contacts + spares/supplies
<input type="checkbox"/> Casual clothes	<input type="checkbox"/> Thongs for shower
TRAVELING/WORK	<input type="checkbox"/> Shower gel, shampoo, conditioner
<input type="checkbox"/> Passport, valid entry visa, tickets	<input type="checkbox"/> Hand mirror
<input type="checkbox"/> Subway cards/maps	<input type="checkbox"/> Tooth brush and tooth paste/retainer
<input type="checkbox"/> Business cards	<input type="checkbox"/> Shaving cream and razor
<input type="checkbox"/> Small US bills for tips – dollars & fives	<input type="checkbox"/> Shout/Soap to wash clothes in sink
<input type="checkbox"/> Travel book and dictionary	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Foreign currency	ELECTRONICS
<input type="checkbox"/> Extra soft bag for purchased things	<input type="checkbox"/> Exchange calculator
<input type="checkbox"/> Luggage tie strap	<input type="checkbox"/> MC computer token for shared drive
<input type="checkbox"/> TSA locks and plastic zip ties	<input type="checkbox"/> Bose headphones
<input type="checkbox"/> Coin purses for different moneys	<input type="checkbox"/> Electric converter/adapters
<input type="checkbox"/> Boarding pass holder with neck strap	<input type="checkbox"/> Laptop and flash drives and microphone
<input type="checkbox"/> Small umbrella	<input type="checkbox"/> International cell phone with chargers
<input type="checkbox"/> Travel purse/fanny pack/backpack	<input type="checkbox"/> Alarm clock
<input type="checkbox"/> Briefcase/bag to carry papers/laptop	<input type="checkbox"/> IPOD and charger
<input type="checkbox"/> Office supplies, paper	<input type="checkbox"/> Extension cord
<input type="checkbox"/> Phone cards (international)	<input type="checkbox"/> Flashlight
OTHER	<input type="checkbox"/> Iron and spray bottle
<input type="checkbox"/> Dirty clothes bag	<input type="checkbox"/> Hair dryer
<input type="checkbox"/> Sewing kit	<input type="checkbox"/> Spare batteries (AA, AAA, etc.)
<input type="checkbox"/> Food	<input type="checkbox"/> Camera, SD cards, spare battery & charger
<input type="checkbox"/> Powdered drink mixes to add to water	<input type="checkbox"/> Kindle

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