GMDB Packing List:

Passport

Photocopy of Passport

Copy of vaccinations

Spending money (bring small bills, it can be difficult to get correct change)

Pillow

Twin size sheets (if you are not comfortable with using their provided sheets)

Small blanket

Your Prescription medications

Dramamine

Benadryl

Tylenol/ibuprofen

Backpack

Several pairs of scrubs for working in communities

Shorts, tshirts, etc. for in compound

Any other clothes (don’t over-pack, its okay to re-wear clothes)

Tennis shoes (will get dirty)

Sandals/flip flops for compound

Work gloves

Sunglasses

Hat

Bug spray (high Deet %)

Hydrocortisone cream for bug bites (or something similar)

Sun screen

Toiletries (shampoo, soap, toothbrush, etc)

Q-tips

Toilet paper

Wet wipes

Hand sanitizer bottles

Reusable water bottle

Gatorade or propel packets

Ziploc bags (to put your money, passport, phone, etc in to keep dry)

Notebook

Pens and pencils

Snacks (no fresh produce, packaged food only)

Phone/camera

Phone charger (you do not need an adapter)

Flashlight

Book (something to do)

Mosquito net (optional)

Make sure to keep all your toiletries, medicines, money, passport, phone, a change of clothes (the most important items) in your backpack/carryon just in case your luggage gets lost.

If you plan to wear contacts, wet wipes are good for cleaning your hands before touching your eyes, instead of using the hand sanitizer.

Do NOT brush your teeth with the sink water, use your water bottle.

Always sanitize your hands with sanitizer after washing your hands in the sink.

Drinking water will always be available.

Leave your laptop/tablet at home.

Leave some room in your suitcase for souvenirs.