## Hillside Belize Travel Checklist

### Essentials
- Passports
- Toiletries
- Stethoscope
- Hand Sanitizer
- Debit Card for ATM Machine
- 3+ Sets of Scrubs for Patient Care
- Sturdy Walking Shoes
- Light Clothing for After Hours
- Large, Sturdy Water Bottle
- Head Lamp/Flashlight
- Any Medication You Take Regularly
- Insect Repellent
- Sunscreen
- Sunglasses

### Extras
- Backpack and Bag
- Tennis Shoes That Can Get Muddy
- Water Shoes
- A Hat or Baseball Cap
- Short Sleeve Shirts for Clinic (No Sleeveless)
- Some Good Books or DVD Movies
- One Nice (Not Formal) Outfit for a Dinner
- Camera
- Swimsuit
- Beach Towel
- Malaria Prophylaxis
- iPod/Computer
- Lightweight Rain Poncho/Coat (If Desired)
- Easy Food for Mobile Clinic, Power Bars, etc.