

HILLSIDE BELIZE TRAVEL CHECKLIST



ESSENTIALS

- PASSPORT
- 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 REPELLANT
- 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.