

Packing Suggestions

Don't bring items that are very valuable as it can get damaged from elements. Some items may be purchased in town, but they may be pricey or have limited availability/variety.

01

CASH(USD accepted everywhere, but no \$1. ATMs available in town, but there is a charge. \$2 BZD = \$1 USD)

02

LAPTOP OR TABLET(for printing, projects, assignments, etc.. Electronic devices being susceptible to damage: such as heat damage & ants. Suggested to use surge protector)

03

SCRUBS(bring quick dry/athletic material. Able to borrow from housekeeping's Scrub Library)Pharmacy students must bring white coats

04

SUN PRODUCTS (Sunscreen, sun burn relief. There are some in Abby's house, but bring your preferred!)

05

BUG SPRAY (Deet or Picaridin works better than natural)

06

TOILETRIES (tampons are hard to find, bring own contact solution, deodorant, hand sanitizer, chapstick, skin and hair care products. Makeup not recommended due to heat)

07

CLOTHING (dry fit shirts, mid thigh athletic shorts, socks, sports bras, swimsuits, nicer clothes for going out with students- not formal, linen material)

08

SHOES (expect them to get dirty! Sneakers you can potentially donate. Sandals like Chacos, or ones with straps. Flip flops if wanted.)

09

SUNGLASSES (maybe multiple as they can get lost)

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11

MEDICATIONS (personal, OTC, motion sickness, eye drops, etc)

12

SNACKS (you can buy snacks here, but protein/granola bars are expensive. Quick breakfast options. Liquid IV or electrolyte tablets- you will be sweating... A LOT)

13

STURDY WATER BOTTLE (bring one that is easy to clean)

14

EXTRA BAGS (fanny packs or hands free bags for everyday; backpack or duffle for weekend trips; something you can carry to mobile clinic days or home health visits)

15

MASKS (Disposable only; there are some at Abby's house, but you will be sweaty, so bring extras!)

16

SURGE PROTECTOR (there are storms during the rainy season and can cause power surges. Can also charge devices in the daytime to prevent this.)

17

OTHER ESSENTIALS (items such as ziplock bags, pens, notebooks, waterproof phone pouch, dry bag, bite relief, rain jacket, mini fan, cooling towel, external battery, earphones)

18

LAUNDRY ITEMS (preferred detergent if wanted, laundry bags. Can purchase detergent here, laundry lines and clips available in Abby's House)

Other Notes...

Towels (2) and linens are provided by housekeeping. If you bring TWIN size ones, you can donate at the end.

Bring clothes you don't mind getting dirty or washing multiple times. Quick dry or linen works well. No need for business casual or formal clothing.

You will be going on weekend adventures with your cohort, so bring items you may want to have with you during that time!

Rainy season is June - November (rain jacket & boots if wanted) Dry season is December - May (much warmer)

Review suggestions: taking BP, x-ray reading, orthopedic conditions (review wrist & hand), neuro (CVA, SCI, TBI)

Travel/activity suggestions: Floralia is a coach bus with AC, James Bus for local and long distance, taxis and trip suggestions available in Abby's House.

Use of dryer is available in housekeeping area for a fee (\$6BZE)

We appreciate donations!
Leave your towels, linens, used shoes, used shorts, bug spray, etc.
We all appreciate you!
