

### **NUPOC-IS: WHAT TO PACK**

This guideline can assist you in preparing and packing for your trip.

#### **BAGS**

Contact your airline to confirm baggage allowances. Carry on glasses, prescriptions and enough gear to last for 24 hours in case your baggage is delayed or lost. As checked baggage, you will also check in a container of medical supplies provided by ROMP and ROMP will pay the additional baggage fees at the airport.

- Carry-on bag(s) - Confirm carry-on regulations and dimensions with your airline
- Small daypack - This is useful for carrying extra clothes, camera, and snacks
- Money belt - Or bring a small purse or bag that you can wear under your clothes to secure your cash when traveling in highly populated areas

#### **CLOTHES**

- Shirts - Short-sleeved or sleeveless cotton-polyester blends
- Sweater, sweatshirt
- Pants - Long pants or scrubs in lightweight, synthetic blends to wear in the lab
- Sleepwear
- Shorts
- Swimsuit
- Underwear
- Socks
- Comfortable sneakers, closed-toe shoes to wear in the lab
- One pair of sandals
- Jacket - A light, water-resistant windbreaker with a hood for rainy weather and cool evenings.

\*Laundry service is available and reasonably priced at the Hotel Atlántico. Clothes left in the morning will be ready that same evening.

#### **TOLIETRIES**

- Toothbrush and toothpaste
- Eyeglasses, extra contact lenses, wetting solution
- Soap
- Lotion, moisturizer, sunscreen
- Shampoo and conditioner
- Razor
- Antiperspirant
- Kleenex and/or toilet paper
- Bath towel and washcloth

### MEDICINE

- Your prescription medication
- Insect repellent
- Anti-diarrheal medication
- Hydrocortisone, anti-itch cream
- Vitamins
- Band-Aids, antibacterial ointment
- Cold, allergy medicine
- Ibuprofen

### ACCESSORIES

- Money - Bring one credit card, one debit card, and emergency cash. Have some cash in small bills (\$3-5) to exit the airport.
- Documents and photocopies - Bring your passport, airline ticket, driver's license, student ID. Photocopies of your documents are indispensable if your originals are lost or stolen. Carry photocopies separately in your luggage and keep the originals in your money belt.
- Camera, batteries, SD card(s), and cables
- Water bottle
- Wristwatch
- Earplugs
- Cell phone and charger - Contact your cellular carrier to inquire about coverage and costs in Guatemala

### HEALTH AND EVACUATION

- Travel health insurance documents
- Emergency contact numbers

### TOOLS AND EQUIPMENT

Recommended tools for orthotic and prosthetic practitioners:

- Metric wrench set
- Utility knife
- Measuring tools
- Scissors

