



## NORTHWESTERN UNIVERSITY

Northwestern University Prosthetics-Orthotics Center  
680 North Lake Shore Drive, Suite 1100  
Chicago, IL 60611  
Telephone 312-503-5700  
[www.nupoc.northwestern.edu](http://www.nupoc.northwestern.edu)

### WHAT TO PACK

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

#### **BAGS**

***You will be allowed one piece of checked baggage in addition to your carry-on. You will also be required to check a container of medical supplies which ROMP will provide. Additional baggage fees for the supply bin will be paid by ROMP at the airport.***

- Carry-on suitcase** - Regulations dimensions for airline carry-ons are 9 X 14 X 22 inches.
- Small daypack** - This is great for carrying extra clothes, camera, day-time snacks
- Money belt** - Bring a small purse or bag that you can wear under your clothes to secure money when in highly populated areas

#### **CLOTHES**

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

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



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### **TOLIETRIES**

- Toothbrush/toothpaste**
- Eyeglasses, extra contact lenses**
- Soap**
- Lotion/aloe**
- Shampoo/conditioner**
- Razor**
- Deodorant**
- Small package of Kleenex and/or toilet paper**
- Bath towel**

### **MEDICINE**

- Any required prescription medication**
- Sunscreen**
- Insect repellent**
- Anti-diarrheal medication**
- Cortisone/anti-itch creme**
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- Vitamins**
- Band-aids, antibacterial ointment**
- Cold/allergy medicine**
- Ibuprofen**

### **ACCESSORIES**

- Money** Bring one credit card, one debit card, travelers checks, emergency cash. Have cash (\$3-4) to exit the airport.
- Documents and photocopies** - Bring your passport, airline ticket, driver's license, student ID. Photocopies of the documents can help if originals are lost or stolen. Carry photocopies separately in your luggage and keep the originals in your money belt.
- Camera**
- Water bottle**
- Wristwatch** - A watch with an alarm can double as an alarm clock.
- Earplugs**



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### **HEALTH AND EVACUATION**

- Travel health insurance**
- SOS evacuation card**

### **TOOLS AND EQUIPMENT**

Recommended tools for orthotic and prosthetic practitioners:

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