

## PACKING LIST FOR IN COUNTRY VISIT TO BELIZE

- ✓ Passport and
- ✓ Visa( if required)
- ✓ Toiletries (enough for the duration of your stay- they can be expensive here)
- ✓ 3 – 4+ sets of scrubs for patient care
- ✓ Stethoscope if you usually use one with patient care
- ✓ Hand sanitizer
- ✓ Debit card for ATM
- ✓ Sturdy walking shoes
- ✓ Light clothing for after hours
- ✓ Large, sturdy refillable water bottle (a must to stay hydrated)
- ✓ Flashlight (extra batteries)
- ✓ Any medication you regularly take
- ✓ Insect repellent
- ✓ Sunscreen
- ✓ Sunglasses

### Recommended also:

- ✓ Backpack or a bag for mobile clinics
- ✓ Shoes that you don't mind getting muddy
- ✓ Water shoes
- ✓ Hat or baseball cap
- ✓ Short sleeve shirts are required for clinic (no sleeveless tops)
- ✓ One nice but not formal outfit for dinner out
- ✓ Camera
- ✓ Swimsuit
- ✓ Beach towel
- ✓ Lightweight raincoat or poncho =/or small foldable umbrella
- ✓ Easy food for mobile clinics (granola and power bars, etc.)
- ✓ Some good paperback books and DVDs
- ✓ Favorite snacks and coffee (if you desire (limited availability here)

- ✓ An unlocked cell phone (you can purchase a local SIM card) if you want local phone access or what's app access for international communication
- ✓ Journal to write and reflect on your experience
- ✓ IPAD or notebook or tablet or small computer

