

## Suggested PACKING LIST

### **Meds-**

Peptobismol

Lomotil

Pepcid

Cortisone cream

Ciprofloxacin

Zofran

Malarone/Doxycycline

### **Non-clothing**

Copies of credit cards, ATM card, passport

Cash, ATM card, 1 credit card, passport, medical insurance card, travel insurance document

Medication with note from PMD

List of emergency numbers- to be provided

Valuables holder with neck strap

Several pairs of glasses if you need them

Sunblock

Insect Repellant

Water bottle/powdered lemonade (if you get tired of just water) We will also provide powdered gatorade.

Flashlight or headlamp

Camera

\*Cell phone

\*Batteries

Charger

Sunglasses

Hat

Snacks

Shampoo/dry shampoo, soap

Toothbrush, tooth paste

Kleenex

Wet wipes

Antibacterial Soap

Note book, pen

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Towel

Sheets, pillow case

Guide book

Spanish dictionary

Pocket knife (I was a boy scout)

Sanitary products

CLOTHING

Windbreaker/water resistant light jacket

Walking shoes-light weight, breathable, water resistant (Salomon is a good brand)

Texas

Swim suit we will probably go to a pool/Tiki bar/restaurant a couple of evenings. They have real showers, wifi.

Light blue scrubs for clinic. At least a scrub top. (Walmart sells each one for \$4.)

Hiking pants-light weight (zip off to shorts)

Quick dry T shirt

Bandana

Something to wear at a "nice restaurant " like jeans/sundress.