

GUATEMALA MEDICAL OUTREACH

Jan 2010

PERSONAL PACKING GUIDE

Antigua and Lake Atitlan Area

Temperature range: 80s daytime, hot and usually sunny (sunglasses & sunbloc)

40-60s nighttime (jacket/warm ups)

Altitude: 5000 feet above sea level

Humidity: Fairly Dry

1 Suitcase of Personal Items. (Electric Power is same as U.S.)

One copy of your passport / USA Address / emergency contact phone # in each piece of luggage

EARPLUGS/CLOTHES FOR SLEEPING

Scrubs- 4 workdays

Pants/Tops for other 5/4 days and evenings – Shoulders, abdomens & thighs should be covered.

Travel clothes for flight days

Underwear and socks for the week

Closed Walking Shoes or Hiking Boots (Roads will dusty & rocky. Few sidewalks)

Another pair of shoes/sneakers/sturdy sandals for changes

Jacket/Fleece. Nights are cool in mountains, layering recommended

Personal Toiletries and bottle of waterless hand sanitizer for workdays.

Bathing Suit (optional for beach area, pool, if available)

Pepto Bismol – chewable tabs, one per local meal to prevent illness.

Food – i.e. packaged items that you can eat during workdays, not all sites have access to healthy and “safe” food. (tuna, chicken, raisins, crackers, peanut butter, power bars, etc.) Bottled drinks can always be purchased.

1 suitcase of Meds / Supplies – Remember: NO EXPIRED MEDS !!

Everyone: Meds as requested in the general information bulletin: One bottle of each: Pediatric Vitamins, Tylenol or Ibuprofen and a cold/allergy liquid medication

Students: each will carry an assigned suitcase

Health Care providers: Please send list of additional meds you are bringing to medical coordinator so she can compile a major listing and see what items are lacking, also may be needed for customs.

Carry on plane- bookbag (?) which can double as a “daybag” to carry supplies, lunch and water on workdays or while sightseeing

Personal Prescription Meds, if any

Camera, chargers, film

Diagnostic Sets- with fully charged batteries

Stethoscope and BP cuffs

Flashlight

Wallet/money belt – stays on your body at all times

Money/Credit Card/ATM card - recommend \$200 in small **undamaged** US bills

Passport

Plane Ticket

No flashy or expensive jewelry, to include your Diamond Rings

and/or watches!!!!!! Leave them home!!!!!! You can buy local jewelry, crafts there!!!