

What to bring:

Below is just a general checklist, and is by no means exhaustive. In terms of clothing, just one or two pairs of "clinical dress attire" is appropriate (tie and slacks for men, and dress skirt or slacks for women). Often, dress in clinical situations is informal and jeans and a white coat is all that is needed. In Cacha, students should dress as they would if they were going on a hike: sneakers, jeans/shorts, and sweatshirts you don't mind getting a little dusty.

High priority	Personal Care	Clothes	Goodwill Articles
Passport / Passport copy, Driver's license or license copy	Shampoo, Conditioner	Sweaters, Shirts	Pharmaceutical freebies: pens, penlights, CME cd's, booklets, etc.
Spanish / English pocket dictionary	Soap, Hair dryer	Quick dry shorts or pants	Stethoscopes/Blood pressure cuffs
Travel Book (ex: Lonely Planet)	Toothbrush, Toothpaste	Jeans/Shorts	Hospital surgical supplies: gloves, sutures, masks, surgical instruments
Hand Sanitizer	Sunglasses/Sunblock, Bug spray	Under garments	Medical textbooks, Magazines
Long sleeve shirts / Tie	Razors	Rain jacket	Laptops, Palms, Flash Memory
Dress Shoes	Bathing suit	Exercise T-shirts	Cameras, Disposable cameras
White coat / stethoscope / penlight / otoscope	Makeup	Warm-up pants	
Nalgene water bottle (but there is plenty of bottled water to buy when you get there)	Face Wash	Scarf / Gloves	
	Feminine Hygiene Products	Tennis, Shower shoes (sandals)	
	Deodorant	Hat	
	Immodium AD, Peptobismol, Tylenol	Slacks or Skirt (khaki, black)	
	Portable Alarm Clock	Sleeveless shirts	