

Mission Packing List

Clothing/shoes: One set of clothes in carry-on for international travel

- Casual, dressy
- Work: scrubs, T-shirts
- Bed clothes
- Panties, bras (regular and sports)
- Socks
- Jacket/coat/sweater, gloves, scarf, muffs
- Swimsuit w/ cover-up, water shoes
- Shoes- casual, dressy, tennis/running
- Flip flops
- Sun visor, hat
- Jewelry/watch

Toiletries/personal care items:

- Toothbrush, paste, mouthwash, floss
- Facial moisturizer (day, night), facial wash/wipes
- Lip balm with SPF
- Lotion, sunscreen, Vaseline
- Deodorant
- Powder
- Soap, body wash
- Hair moisturizer/products, shampoo, conditioner, gel
- Feminine care products
- Hair accessories, curling iron, scarf, shower cap
- Nail clippers/manicure set, nail polish and polish remover
- Razor, tweezers, trimmer

Collapsible extra bag, luggage lock

Extra set of glasses with copy of Rx and cleansing wipes

Medications: pain, allergy, antidiarrheal, antimalarial Rx, vitamins, eye drops, nasal spray. (Rx meds in original bottles)

Purse/small bag

- ID/Passport
- Credit cards, bill payment info
- Insurance card, copies of immunizations and yellow fever card
- Licensing info
- Registration info (hotel, conference, car), airline info, travel #s

- Emergency numbers/addresses
- Cell phone and charger, car charger
- MP3 player, headphones (2)
- Converter
- Camera
- Computer/accessories, jump drive
- DVD players, DVDs
- Batteries and chargers
- Work equipment (stethoscope, penlight, pens, reference books, IDs)
- Snacks, drink, drink mixes, gum, candy
- Eating utensils, travel cup/water bottle with filter or purification kit
- Towels (face, hand, bath)
- Tissues/toilet paper, napkins
- Hand wipes, hand sanitizer, body wipes
- Cleaning products, wipes, Lysol, air freshener, detergent, dryer sheet
- Extra plastic bags, various sizes
- Booklight, flashlight, glowsticks
- Insect spray (with DEET), sunscreen, bracelets
- Laundry bag
- Iron, lint brush, steamer
- Alarm clock
- Portable fan, hand fan, heater/hand warmers
- Umbrella
- Cards, games
- Small screwdriver, multi-tool
- Kits: first aid, sewing
- Travel pillow, blanket
- Office supplies: pens, pencils, paper, stapler, glue stick, whiteout, paperclips, tape (including duct tape for suitcase repairs), calculator, stamps, envelopes, postcards, calendar, reading/studying material
- Exercise bands and DVD