

## Sample GHE Packing List

### CLOTHING

- Socks:
  - 4 pairs regular socks
  - Insect repelling hiking socks: 1
- Swimwear: 1 bathing suit
- Tops
  - T-shirts: 3-4 for vacation
  - Professional shirts: 8-10 for work
- Bottoms
  - Shorts: 2 for vacation
  - Leggings: 2 for weekends
  - Skirts: 1-2 for work
  - Jeans: 1-2 for weekends
  - Pants: 3 for work
  - Scrubs: 2 for work
  - Yoga Pants: 1-2 for travel/hiking
- Jackets
  - Raincoat/Poncho
  - 2 Athletic jackets
  - Travel jacket with pockets
- Shoes
  - Hiking shoes
  - Sandals
  - Flip flops: 2 (1 for home and 1 for outside)
  - Sneakers (wear on plane)
- Underwear: 10 total sets
- Scarves: 3-4 for covering hair
- Towels
  - Hair towel: 1
  - Everyday shower towel: 1

### ACCESSORIES

- C and F adapters for 220V
- N95 masks for clinic
- KN95 masks for daily use
- Water bottle: 2
- Luggage lock: 2
- Laptop
- Laptop case
- Blank Notebook
- Ziploc bags
- Bluetooth headphones
- Iphone charger: 2 cords (1 long, 1 portable)
- Computer charger
- Portable charger: 2-3
- Smaller hiking backpack
- Wallet

- Passport pouch
- Local currency
- Gifts for local clinic staff
- Paper copies of all air tickets and phone numbers

## TOILETERIES

- Sunscreen for face
- Sunscreen for body
- Toothbrush: 3 (1 portable, 2 non-portable)
- Toothpaste: 1 large tube
- Hand sanitizer: 4
- Body Wipes
- Face Wipes
- Toilet paper
- Sanitary Pads: 7 days
- Hand lotion
- Body lotion
- First aid kit
  - Thermometer
  - Tweezers
  - Band aids
  - Alcohol pads
  - Medical gloves
  - Gauze
  - Neosporin
- Medications
  - Tylenol and Ibuprofen
  - Imodium and Pepto Bismol
  - Antibiotic
  - Antimalarial
  - OCPs
  - Tiger Balm
  - Allegra
- Travel Tissue packets
- Face wash
- Makeup
  - Eyeliner
  - Chapstick: 2
  - Concealer
- Hair
  - Dry Shampoo
  - Shampoo: 1 large bottle
  - Conditioner: 1 large bottle
  - Comb
  - Hair ties: 3
  - Straightener
- Insect repellent containing up to 35% DEET:
  - 1 travel size (non-aerosol)

- 2 full size bottles

## **FOOD**

- Granola bars
- Trail mix packets
- Tea/Coffee packets
- Sugar/sugar substitute packets