

Community of Hope International

Suggested Packing List

- Sunscreen
- Mosquito Repellant
- Permethrin spray- We recommend that you spray your clothing/luggage prior to trip- can be purchased at a sporting goods store or online
- Passport holder- we recommend one that can be put around your waist or neck, you do not want it visible but you MUST carry it on you at all times while on the trip.
- Back Pack or Fanny Pack- this is nice to have to hold your personal belongings while serving at the clinic and for travel between hotel and Buyaguana.
- Light weight pants/Shirts- four volunteer organizational shirts will be provided
- Underwear
- Closed Toed shoes
- Malaria Medication/Other Medication
- Toiletry Items: Deodorant, toothpaste, toothbrush, comb, make-up, shampoo, conditioner, hand sanitizer, kleenex
- Swimsuit
- Flashlight or headlamp
- Towel
- Body Wipes
- Snack foods-granola bars, peanut butter, beef jerky
- Camera/SD cards/Batteries
- If medical provider- your own stethoscope, blood pressure cuff, otoscope, extra batteries
- Phone/Charging cord- check with your cellular service to see what your international coverage is. Wifi is available at the hotel and clinic.
- Leave a copy of your passport & hotel accommodations with someone in the US- for emergencies

Please email communityofhopeint@gmail.com if you have any additional questions or inquiries.



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