



# PERU

## SUGGESTIONS ON WHAT TO PACK

The following suggestions should serve as a general outline no matter which location your chosen session will take place within Peru. Please check weather forecast for the location and your chosen dates prior to departure, as you may need to pack items in addition to what is listed below.

1. Check with your airline regarding how many pieces of luggage you may check-in. Majority of airlines allow 1 checked bag, 1 carry-on, and 1 personal item. (Weight limits vary according to the Airline you have chosen).
  - a. Place a name tag on every piece of luggage, even the carry-on.
  - b. Place an “identifier” on each piece of luggage so you may differentiate your own luggage from others. This will also prevent others from mistaking your property for theirs.  
Example: Brightly colors Bows/Ribbons, etc.
  - c. **SESSIONS 4, 5, 7: Pack as light as possible – One may consider traveling with a large travel backpack instead of suitcase(s).**
2. Pack one outfit in your carry-on in case your checked-in luggage is delayed.
  - a. Pack personal medications in your carry-on, but first check the TSA website for instructions.
  - b. Pack a pen in your carry-on, as you will need to fill out forms prior to landing in Peru.

### PACKING LIST

#### Required (Clinic):

- ◆ Stethoscope, Blood pressure cuff (adult size), Scrubs (solid colors)
  - Consider Amazon, Walgreens, CVS, RiteAid, Walmart, etc...
  - Number of scrubs will vary between sessions:

Sessions	# of Scrubs
1, 2, 3, 4, 6, 7, 9, 10	3
5, 8	5

- ◆ Notepad, Pens, Hand-wipes (Hand sanitizer), Close-toed shoes (sneakers), Backpack.

#### Toiletries:

Travel sized shampoo, conditioner, body/face wash, (unscented) lotion, toothpaste/brush, hair Brush/comb, moist wipes.

Please do not over-pack with hairdryers/straighteners, etc... Depending on where you will be traveling, some electrical outlets may be different from the U.S..

## General clothing:

**Note: Please dress semi-conservatively while you are participating in our sessions. No short shorts/short skirts, low-cut tops.**

**Check weather forecast for the region(s) you will be visiting.**

- Flip-Flops
- Closed-toed shoes (sneakers for clinic will suffice), boots (sessions 4, 5, 6, 8, 9).
- Long pants (jeans, stretch – as you see fit), stretch yoga/workout pants (sessions 1, 3, 10)
- Shorts (Check weather for your session)
- T-shirts/tops
- Cap/Hat
- Swimsuits (for all sessions except 4, 5, 8, 9)
- Fleece/warm jacket (all sessions)
- Several long-sleeved thermal tops to wear under scrub tops (sessions 4, 5, 6, 8, 9)
- Night-time wear/Pajamas/Sweats
- Undergarments/socks
- **Extra Warm attire– example: warm beanie, extra warm socks, sweatpants/sweatshirt, hand-warmers (sessions 1, 3, 4, 5, 10)**
- **\*\* Sessions 4, 5: You will be sleeping 4 nights on an island. Temperatures vary tremendously thru out the day. Daytime weather is warm and sunny; however, temperatures drop at night.**
- **\*\* Sessions 1, 3, 10: You will be camping in the desert of Huacachina for 1 night. Daytime weather is warm and sunny; however, temperatures drop at night.**

## Misc Items:

- Watch (something cheap/rubber/plastic)
- Sunscreen (check weather)
- Insect Repellant (DEET 30-35%) – especially important for session 7
- Snacks (snacks will also be purchased on day 1 of program in Peru)
- Backpack
- Plastic bag(s) – for dirty laundry
- 2 towels/washcloth
- Personal medications – to be packed in carry-on
- iPads/iPhones/Laptops/Other electronics may be brought – but their security is your responsibility.
- Cash – please bring small bills only (cannot be torn/defaced). Amount you bring is a personal preference; however, about \$100-\$150 a week is usually plenty for spending money.

## Medical Donations:

- Check with your airline regarding how many bags you are allowed to check-in. For example, LAN allows international passengers to check-in 2 bags. If this is the case, evenly distribute donated medications between the bags. Pack medications at the very bottom of the bag and place your personal belongings on top.
- Take medications out of any unnecessary (extra) packaging to save room. Place like-with-like in plastic zip-lock bags. Make sure you can clearly read the name and the expiration date for the medication.
  - Example:** Tubes of toothpaste. Take the tubes out of the extra cardboard packaging and place into a zip-lock bag.
- You will be provided with a letter addressed to custom's officials – leave a copy in each bag, carry the 2<sup>nd</sup> copy with you.