International Travel Advice

Packing advice:

**First aid supplies:**
- Alcohol wipes
- Band-aids, gauze, adhesive tape
- Latex gloves
- Stethoscope
- Otoscope
- Penlights – half dozen
- White coat
- Reference books
- House staff handbooks

**Medication:**
- Local drugs may be out of date or dangerous
- Anti-malaria-chloroquine or mefloquine
- Aspirin, Tylenol or Advil
- Bacitracin
- Lomotil
- Pepto-bismol
- Personal medications that you’ve used in the past year
- Norfloxocin
- Cold and cough medicines
- Insect repellent with DEET (30%)
- Permethesis repellent for clothins

**Personal Items:**
- Address book
- Alarm clock
- Aluminum foil
- Backpack
- Bathing suit
- Batteries
- Boots – waterproof
- Camera, film, lead bag
- Canteen
- Cards, games, pleasure reading
- Chapstick
- Clothesline and pins
- Clothing and footwear for all occasions and weather
- Condoms
- Diary
- Dictionary for local language
- Empty duffel for acquisitions
- Eyeglasses and extras
- Flashlight
- Flip flops
Heavy duty tape and twinematches
Money belt
Mosquito nets impregnated with repellent
Passport case for tickets, cash, traveler’s checks, credit cards
Pens, paper, envelops
Safety pins
Self-sealing plastic bags
Sewing kit
Sink stopper
Soap and shampoo
Sunglasses
Sunscreen
Supply of daily toiletries you use
Swiss army knife
Tampons
Tissues
Towelettes
Toothbrush holder and toothpaste
Rain gear depending on climate – poncho

Miscellaneous advice:

Travel: Put stethoscope on top of bag. Usually will not check below.
Swimming: Don’t swim in streams or pools, unless chlorinated – watch current in ocean
Water: Always boil 5 minutes. Keep boiled water in canteen with safety cap with you. Bottled water may not be sterile, be sure it’s sealed.
Food: Eat local diet, avoid raw foods. If you are afraid to eat host’s food but don’t want to insult them mention allergy or religious prohibitions. Avoid street vendors. Limit organ meat. Cover food. Wash before meals. Eat only steaming-hot foods and drink bottled carbonated water or soda, dry bread and self-prepared canned foods. Avoid ice, fresh vegetables and street vendors food. Boil it, cook it, peel it, or forget it!
Driving: Don’t drive yourself. Conditions usually bad and insurance questionable. Don’t drive at night. Many accidents and animals on the roads. Get up early and stop before dark. Use seat belts. Don’t ride motorcycles. If in a car always stop at check points.
Other advice: Avoid excess sun. Get the country’s AT & T number for phone calls. Use credit cards or dial collect, otherwise it costs a lot more. Email is possible. Read as much as you can about the history, customs, religion of country. Don’t take photos without permission. Make copies of all passport, credit cards, ID and keep separately and with family. Let embassy know where you are. If security is an issue, act as if you were in NYC. No tattoos. Wear sensible footwear. No roller blading. Don’t go barefoot. Ascend heights more than 10,000 feet slowly. Don’t buy over the counter and herbal remedies. Wear tag or bracelet to special occasions.
Women: Recognize different mores, ask local women for advice, security can be a problem. Dress conservatively. You can’t reform the system in two months.