

SUGGESTED PACKING LIST FOR CLINICAL CLERKSHIPS IN CONGO

CHECKED LUGGAGE:

LADIES:

- (3-5) skirts or split skirts (below the knee)
- (1-2) dresses or jumpers
- (1) pair dressy loose-fitting pants
- (1) pair loose-fitting capris
- (1) pair shorts (for swimming, to be worn over bathing suit)
- (1) modest bathing suit (to be worn under shorts and t-shirt)
- (5-7) tops & blouses (sleeveless are OK, but spaghetti straps are not)
- feminine supplies

GENTLEMEN:

- (4) trousers
- (5-7) collared shirts
- (2) Bermuda style shorts
- (1) Bermuda style bathing suit
- (2) ties
- (1) dark colored lightweight sport coat or two-piece suit

BOTH:

- t-shirts as desired
- undergarments, socks, etc. as needed
- (2) pair nice scrubs for clinical work.
- (1) lightweight long sleeve shirt
- (1) pair dress/travel shoes
- (1) pair closed toed crocks
- (1) pair sneakers
- toiletries
- high-SPF suntan lotion
- wide-brimmed hat
- sunglasses
- high-concentration DEET bug repellent
- shampoo

BACKPACK or messenger bag for carrying supplies on rounds, and stuff on outings with:

- Stethoscope
- BP Cuff
- Penlight
- Mini stapler & staple remover (for hospital charts)
- watch with second hand (for taking vital signs)
- (1) LED Headlight & (1) set of spare batteries
- Personal protective equipment:
 - (6) TB facemasks (one for each week)
 - (1) eye shield or pair of safety goggles
 - (2) boxes of exam gloves of your preferred style and size

IF YOU WANT:

raincoat

umbrella

lightweight rain boots

CARRY-ON:

(1-2) changes of clothes from above

Travel TP or Kleenex

Prescription medicines

OTC medicines

Bible

Journal

Notebook

Pens

Cash

A couple of good books to read

Emergency Contact Card

Red Cross Blood Donor card (if you have one)

BLS, ACLS, EMT, Firefighter cards (if you have them)

Passport (with visa stamped inside)

Please remember to fill out the Emergency Contact portion of your passport (in pencil)

Letter of Invitation (from Dr. Harvey)

WHEN PACKING, PLEASE KEEP IN MIND:

- It is best for women not to wear shorts, capris, or slacks in public.
- At the hospital, medical personnel can wear scrubs while performing clinical duties. We prefer that scrubs not be worn outside of the appropriate medical context.
- In general, Congolese are sharp dressers, and take pride in their appearance. Adults rarely wear shorts in public, but kids do (fingertip and below). For both men & women, modesty & conservative styles are preferred, so as to avoid unwanted and inappropriate attention. Loose fitting, light colored, breathable cotton or linen clothing is generally more comfortable than clothes made from other materials.
- It is hot & humid most of the time (87 degrees Fahrenheit), but it is still a good idea to bring a long sleeve shirt for protection against the sun and mosquitoes, and occasional cool evenings.
- Laundry will be done for you 1-2 times/week. You can also wash your own laundry.

You will most likely be asked to bring needed supplies & equipment, mail, and gifts from family and friends for members of the missionary team. Please joyfully consider that this is often the only practical way of getting essential items into the country. Your help will be greatly appreciated.

To get the most out of your luggage allowance, each piece of checked luggage should weigh as close to (but not over) 50 pounds as possible. In the US, airlines charge a set fee (\$250) per piece of excess or overweight luggage. Sometimes the airline may waive excess baggage fees if they know that you are on a humanitarian mission, and you are courteous & check in early. Some airlines offer a reduction on luggage fees if you check-in online and early.