



PACKING IDEAS FOR YOUR PERSONAL USE AND SAFETY

- ☐ Mosquito repellent (body spray, lotion or wipes, with DEET recommended)
- ☐ Permethrin spray for use on clothing prior to travel
- ☐ Personal hand sanitizer and handwipes
- ☐ Personal wake-up device
- ☐ Personal and travel preventative medications
- ☐ Food and snacks for your own needs, outside of provided meals (high quality/high energy)
- ☐ Copies of important documents (passport, driver's license, medical license, domestic and international tickets, insurance information, health insurance cards, health insurance cards, emergency contact information)
- ☐ U.S. dollars or Philippine pesos for cash expenses
- ☐ Little-used credit card for use in airport or large cities while in transit or in cities
- ☐ Hat/cap with brim for sun and rain
- ☐ Light rain jacket/poncho with hood
- ☐ Small first aid kit
- ☐ Money/passport belt
- ☐ Sunscreen, lip balm
- ☐ Flashlight, headlamp, extra batteries (>100 lumens)
- ☐ Extra charging cord for phone
- ☐ Oral rehydration salts/Gatorade
- ☐ Plug adapter/voltage converter/surge protector
- ☐ Sunglasses
- ☐ Menstrual supplies (if needed)
- ☐ Leatherman-type tool
- ☐ Gloves, masks, hand sanitizer, baby wipes

SUGGESTED CLOTHING FOR AFTER CLINIC OR TRAVEL, FREE, OR SIGHTSEEING DAYS

- ☐ 1 pair sturdy walking or tennis shoes (no open-toe shoes in clinic)
- ☐ 1 pair sturdy comfortable shoes for outside clinic
- ☐ Undergarments and socks (fast drying)
- ☐ Light weight, long sleeve shirt and long pants for insect protection
- ☐ 1 set of clothing for sightseeing day (appropriate to the activity)
- ☐ T-shirts for under scrubs or after clinic
- ☐ Lightweight pants for after clinic



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INTERNATIONAL

- ☐ 1 light sweater/sweatshirt (for plane/evenings)
- ☐ Sleepwear
- ☐ Day pack or small backpack
- ☐ Toiletries: toothbrush, toothpaste, floss, hairbrush, makeup, makeup remover
- ☐ Shower supplies: Swimsuit, towel, washcloth, shampoo (TSA-compliant size), shower shoes
- ☐ Large plastic bags (to organize items and protect against rain)
- ☐ Water bottle, widemouthed preferred (bottled water for refilling your bottle will be provided on the trip)

NICE TO HAVE

- ☐ Camera with extra battery and memory card
- ☐ Pens, Sharpies, paper, personal journal
- ☐ Book or other reading materials for flights
- ☐ Gum, candy, etc.
- ☐ Sleep mask, ear plugs

CARRY-ON BAG PACKING LIST (FOR INTERNATIONAL VOLUNTEERS)

- ☐ Clothing
- ☐ Toiletries
- ☐ Phone, other electronics, charging cords
- ☐ Medications (prescription and over the counter)
- ☐ E-Tickets and domestic hotel information
- ☐ Copy of passport and driver's license (kept separate from your passport)
- ☐ Emergency contact information
- ☐ Pen for filling out customs forms
- ☐ International calling card/text or data plan or an unlocked, international phone (SIM card may be purchased at Philippine airport)
- ☐ Credit cards, cash (limited quantities) **Tip:** Carry a little-used credit card to limit loss if the card is lost or stolen
- ☐ Books (if desired)
- ☐ Money belt for passport – waist, neck, or calf
- ☐ Ear plugs (if desired)