2 sets of scrubs will be provided by IMR per volunteer in the requested size. One set will be washed each night.

MEDICAL VOLUNTEER REQUIRED DIAGNOSTICS

All providers are required to bring their own diagnostics. IMR will provide SUPPLEMENTAL diagnostic tools for use on an emergency basis (broken equipment, etc. Providers include: EMS, Nursing (all levels), Advanced Practice Providers, Physicians, Medical and Nursing students)

Required for ALL LICENSED PROFESSIONALS
- Stethoscope
- Blood pressure cuff
- Thermometer
- Oximeter
- Penlight
- Headlamp (300+ lumens recommended) for use in clinic
- Box of 100 gloves, your size and specifications
- N-95 masks for your use, properly fitted
- Safety goggles or glasses

Required for Physicians/Advanced Practice Providers
- Otoscope (battery or rechargeable)
- Reflex Hammer

Recommended for Physicians/Advanced Practice Providers
- Ophthalmoscope (standard batteries preferred)
- Calculator
- Prescribing references
  - Sanford guide, dermatology/tropical medicine/infectious disease/pediatric dosing/other references as books or phone apps (downloaded, not on line)
- Any other equipment you utilize in your specialty
  - Examples:
    - Ortho: SAM splints, ace bandages, etc
    - ENT: Endoscope, ear wicks, cerumen loops, etc
    - Acupuncture: needles, charts, etc
PROFESSIONAL DENTAL VOLUNTEER PACKING LIST

Dentists and Oral Surgeons

Required supplies
- Surgical Kit (available for rent at IMR)
- Anesthetics (carpules for anesthesia and blocks per your preference, approximately 80 per day)
- Sutures per your preference
- Masks per your preference/gloves per your preference (IMR will also supply gloves and masks for the clinic)
- Any other supplies required for your specialty
- Safety goggles or glasses

Nice to have
- Topical anesthetic per your preference
- Fluoride or varnish for children
- Disclosing tablets
- Large hand mirror

Dental Hygienists

- Instruments for your use
- Any other supplies required for your role

Optional:
- Fluoride or varnish for children
IMR VOLUNTEER PACKING LIST

**Suggested Clothing for after clinic/travel, free, or sightseeing days**
- 1 pair sturdy walking or tennis shoes (No open toe shoes in clinic please)
- 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
- 1 light sweater/sweatshirt (for plane/evenings)
- Sleep-ware
- Day pack or small back pack
- Toiletries: toothbrush, toothpaste, floss, hairbrush, makeup, makeup remover
- Shower supplies: Swimsuit, Towel, Washcloth, Shampoo (TSA compliant), Shower shoes
- Large plastic bags (to organize items and protect against rain)
- Water bottle, wide mouth preferred (bottled water for refilling your bottle will be provided on the trip)

**Packing ideas for your personal use and safety**
- Mosquito repellent (body spray, lotion or wipes, with DEET recommended)
- Personal hand sanitizer and handiwipes
- Personal wake-up device
- Personal and travel preventative medications
- Mosquito net
- Permethrin spray for use on clothing prior to travel
- DEET body spray or lotion (minimum 30%)
- 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, emergency contact information)
- New US dollars in excellent condition for trading funds in country
- 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 (if desired)
- Small first aid kit
- Money/passport belt
- Sun screen, lip balm
- Flash light, headlamp, extra batteries (>100 lumens)
- Extra charging cord for phone
- Oral rehydration salts/Gatorade
Plug adapter/Voltage converter/surge protector (google the correct type for the country you are working in)
- Sunglasses
- Menstrual supplies (for women of appropriate age)
- “Leatherman” type tool (if desired)
- Gloves, masks, hand sanitizer, baby wipes

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

Donations for our patients
Donations for patients are strictly voluntary. We are honored that you have volunteered with our organization, giving your expertise, time, and money. If you are able to supplement IMR supplies, we thank you very much! If you are not able to donate additional supplies, we thank you for everything you are doing.

- Small bars of soap (1 oz)
- Reading glasses
- Sunglasses
- Emery boards
- Prenatal vitamins/Adult vitamins (no Gummy’s)
- Infant vitamins
- Pediatric chewable or liquid ibuprofen
- Pediatric liquid acetaminophen
- Pediatric allergy medications