**What to Bring:**

**One way to help avoid problems at customs is to print an official looking invoice of the medical supplies you are transporting. Display the invoice at the entry point to your destination country.**

**Valuable clinical supplies include the following:**

* bandages (telfa, gauze, band aids)
* tape, scissors,
* stockings for leg/arm bandages,
* orthotics,
* tweezers or forceps,
* sterile scalpel blades with handles,
* alcohol pads (many),
* needles, syringes - DO NOT REUSE
* topical anesthetics,
* pens, paper, office supplies,
* urine dipsticks,
* glucose chem strips,
* surgilube packets,
* thermometers
* small water tight baggies for distributing meds,
* gloves (as many as you can carry, bring some sterile gloves for procedures),
* finger lancets, vital to test for malaria, hemoglobin, glucose, depending on what your clinic does.

**Personal supplies that will be of use to you as well as the clinic:**

* ear wax curettes
* syringe (50cc) with butterfly tubing for
'ear'-rigation
* disposable ear speculums and otoscope
* strong light with extra batteries
* ophthalmoscope, stethoscope, BP cuff
(pediatric and adult)
* timer, ruler (in cm's)
* reflex hammer
* birth wheel (for determining gestational age)
* hand cleanser
* a rainbow color chart (a key to clinical history taking if you are working through a translator!)

**Medications that will be most useful:**

|  |  |
| --- | --- |
| * NSAIDS
* Tylenol / Acetaminophen
* Laxatives / Stool Softeners
* H2 Blockers
* Ketoconazole
* Other antifungals
* Multivitamins (adult & chewable for kids)
 | * Antibiotics (keep it simple)
* Bactrim
* Penn G
* Amoxicillin
* Metronidazole
* Mebendazole for worms
 |

**Do not use out of date medications.** Some medications are much cheaper to purchase in developing countries, so spend any donated money carefully in the States if you intend on buying medicines to bring with you.

**Lab and Other Hospital/Clinic Supplies:** Besides medications, you may want to gather some supplies to bring with you, as donations. Ask the hospital/clinic administrator what their needs are and what they’d like you to bring if you’re able. Free medical supplies are available from [Intervol](https://www.intervol.org/) in Rochester, NY. Local hospitals, private doctors’ offices and pharmacies may also be willing to donate supplies and/or medications.

**Free or inexpensive meds for medical relief trips are available from these organizations:**

|  |  |
| --- | --- |
| * [MAP International - Travel Pack](https://www.map.org/medicines)
* [Heart to Heart International – Ready Relief Box](http://www.hearttoheart.org/our-work/product-distribution/)
 | * [Blessings International](https://www.blessing.org/order/)
* [Brother’s Brother Foundation](http://www.brothersbrother.org/medical-mission-trips/)
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