

This is a list from the Cape Cares site about suggested things to bring. I have expounded on some of these items.  
<http://www.capecares.org/ItemsToBring.aspx>

## "What to Bring" Suggestions

1. **Passport**
2. **Driver's license** (only if serving as a driver for the brigade)
3. **Credit card - we suggest you bring only one.** (best to call company in advance to ensure it will work down there)
4. **Flashlight or headlamp, extra batteries** (Headlamps are great for reading. The headlamp with the red light is good to prevent bugs and is less likely to disturb others if you get up in the night)
5. **Camera, batteries, memory card**
6. **Insect repellent with DEET**
7. **Sunscreen**
8. **Hat - the sun is strong**
9. **Bandana - for the dust, or to soak in cool water and wear around the neck to keep cool.**
10. **Bath towel.**
11. **Bedding is provided. Light sleeping bag if desired.**
12. **Two or three sets of scrubs** (or other clinic apparel)
13. **Bathing suit** (hotel at end of trip has a pool)
14. **Personal toiletries**
15. **Personal medications** (Pepto-Bismol, Kaopectate, Tums, band-aids, anti-bacterial ointments, Imodium or Lomotil for diarrhea and a course of Ciprofloxacin or Azithromycin, if needed)
16. **Anti-malarial medication** (Atovaquone/Proguanil Hydrochloride 250mg/ 100mg is most commonly used)
17. **Wristwatch and/or travel alarm clock**
18. **Extra pair of prescription glasses; contact lens care items**
19. **Sunglasses**
20. **Cell phone - may or may not work in country. You can purchase an international calling plan from your carrier.** (Check carefully the cost- ATT is extremely expensive out of country- Verizon seems to have better offers. Do not use your phone without investigating costs first. T-mobile does have free text messaging and 3G data. Calls are ten cents a minute).
21. **Water Bottle (best to label with your name)**
22. **Reading material**, crossword puzzles, sudoku, playing cards or other evening activities.
23. **Light backpack or fanny pack** to keep your daily essentials in at the clinic. Usually the pharmacy is a secure place to store this, or near your work area.
24. **Medical and dental personnel** – instruments you will want in clinic
25. **Hand sanitizer**
26. **Lempiras** - To get the local currency, Lempiras, at a good exchange rate, you will need to make an additional payment to Cape Cares. Using small American notes (eg \$1, \$5, \$10) is another option that works most of the time.