**Packing list for travel to Guyana**

* Passport
* Addresses in Guyana
* Bank card and visa
* Clothing
* Sunscreen
* Insect repellant
* Rubber boots (after a heavy rain, Georgetown often floods, and it is helpful to have rubber boots to navigate the water and mud)
* Umbrella (for both sun and rain)
* Raincoat (less essential than an umbrella due to the heat)
* Fresh coffee (you might appreciate having fresh coffee, as only Nabob is available to purchase in the grocery store)
* Stethoscope
* Otoscope
* N95 mask (please bring approximately 15-30 N95 masks for your own personal protective use, in case they are required but unavailable in the clinical setting you are working in)
* Any medical textbooks or resources you would like personally use or to donate to the Guyanese residents
* Hand sanitizer
* Laptop
* Gifts: maple syrup, high quality chocolate and high quality coffee are always welcome gifts

Please note that there are many stores in Guyana, and if you forgot something, it can certainly be purchased easily.