

# General Checklist for Jamaica

The following is a checklist of generally recommended items for all volunteers. It is by no means comprehensive. Please use your best judgment.

Legal
Passport (at least 6 months remaining before expiration) (mandatory)
Several copies of passport ID page (packed in various bags)
Emergency Contact List and medications list in case you have any emergencies
Health
Ensure immunizations are current (check with your health care provider for current recommendations).
Pepto-Bismol and/or Imodium anti-diarrheal medication (generally not an issue in Jamaica)
Powdered Gatorade or other sports drink to mix with water to prevent dehydration. Expect high humidity with temperatures of 90+ degrees.
Sun glasses (UV protection)
Sun blocker (at least 30 SPF)
Insect repellent
Prescription medications (properly labeled to avoid customs issues)
Hand sanitizer
First Aid
Comfort
Moisture absorbing headband
Water spray bottle for cooling
Travel pillow
Food
Choice of favorite snack foods (choice of food is not always the best at the clinics)
Nalgene bottle (for drinking water)
Clothing
<b>At Work:</b> Scrubs for clinics are best. You may substitute with other loose, lightweight cotton clothes. Short sleeves tops are OK but long pants or dress past the knees are expected for clinic work. Shorts are discouraged. No short shorts, bathing wear, short skirts, halter tops, sleeveless t's, tank tops, anything revealing that shows cleavage, etc. Jamaicans are a modest people and we need to be respectful of that in the clinic sites.
<b>At The Resort:</b> Casual, cool, resort clothes and shoes from bathing suits, shorts, t-shirts, evening wear recommended for dinner. At least one nice outfit with closed-toe shoes for special restaurant dinners and parties (mandatory in certain restaurants)
Sun Hat
Sandals (but of course)
Workout clothes (for the exercise room)
Miscellaneous
Small backpack for daily belongings
Reading materials
Toiletries (shampoo, conditioner, lotion, comb, etc. - not provided by Sandals)
Camera with extra batteries (charger) and film

Bright, comfortable headlamp or flashlight (with extra batteries)
Child / Youth toothbrushes (150+ as many as possible)
Adult toothbrushes (50+ as many as possible)
Floss and toothpaste samples (as many as possible)
Eager anticipation for a fun and rewarding experience
Zip Lock Baggies for snacks and keep things organized and clean
Flashlight