This list is a guide to items you may consider packing for deployment overseas to provide surgical assistance. It is not meant to be exhaustive. You won’t need everything listed. Check with the agency that is deploying you in regard to kitting, surgical supplies, accommodation arrangements, clothes washing facilities, meals and drinking water etc. Define the communication options and how you will get access to money if needed. Cross Check with your team for some items.

Always carry your own PPE and trust no-one to provide it.

Paperwork
- Ensure you have all possible travel documents and copies [stored separately] including a passport with minimum 6 months validity
Travel documents passport/tickets/visas
Light folder for documents
letter of introduction/movement order/fulltime service papers
ID [personal] from employer/dog tags
Immunization book/record
Medical and dental documents/weapon qualification card for Defence
Recent blood tests results: HIV, Hepatitis Antibodies, G6PD [important when it comes to taking primaquine post event]
Team identification document
Local currency/US dollars/Australian currency

General
Back Pack. Adjusted to fit you
Day pack/camel bak combined
Heavy duty plastic bag to line backpack
Spare plastic bags to wrap wet gear
Combination Padlocks keyed alike
Torch Maglite with orange filter/head lamp and spare batteries (wind-up torch?)
Leatherman/Swiss army pocket knife +/- corkscrew/Allen key bicycle set
Whistle
Large safety pins 2-3 eg Navy pins or kilt pins or nappy pins used for storing bits, or clipping socks in communal wash
Cable ties, few in several sizes.
Snap lock plastic bags in a range of sizes
Coat-hangers 2
Spare reading glasses and cases
Cord/ lanyard with clip to clothing and clip for eg leatherman tool/card
Plastic bag, storage for clothing in vacuum reduces volume
Cylume stick
Black insulation tape
Sewing kit: needles, scissors, cottons, few buttons and name tapes (hussef)
Water purification
Solar panel & light
String, rope or nylon cord
Rubbish bags
Rubber bands
Glad wrap/cling wrap
Inflatable travel pillow
Fan (camp pan?)
Fly swat

**Eating and drinking**
Plate
Travel plunger/ thermal cup combination doubles as a bowl
Knife fork & spoon set
Tea bags or good coffee
Sigg bottle for water/ non-disposable metal or indestructible plastic
Camel Back for water
Emergency nibbles: sesame/ honey/ health bars/ chocolate/ liquorice/
[Crystallised] ginger [for possible travel sickness, nibbles when no longer needed]
Chux 1-2 for washing/ drying eating kit
Cups canteen or dixie

**Personal Clothing:**
- *Think quick drying, minimal wrinkles, minimum clothing. Work day and relaxing, to and from shower. Possible official occasion. Temperature variation. Long sleeves especially for tropics. Thermals, polar fleece and sleeveless thermal vest for cold climate*
- (?)Uniform/ medical brassard
- Vest with lots of pockets and role identification/ medical cross
- Long sleeved loose shirts: 2- 4
- Long Pants 2
- Shorts 1 for exercise
- T shirt 4
- Thick socks 4 pr, sports socks 1pr (+ transit delays)
- Underwear. Suitable to wash with general washing. i.e. 3 black and hardy, 1 special
- Sarong [very versatile: sheet, dressing gown, towel, skirt, sun protection etc]
- Bathers. Check local acceptable dress code for swimming.
- Sleeping attire. Scrubs work well.
- Boots. Lace up personal and well fitting. Water resistant. Dubbin/cleaner/water proofer
- Sports shoes for exercise
- Rubber Thongs to wear when washing
- Handkerchiefs

**Personal Protective equipment**
- *Trust no-one. Take your own.*
- Hat: sun protection and warm hat
- Water proof jacket +/- pants/poncho/umbrella
- Sun-glasses and cord
- Ear plugs/ hearing protection
- Leather gloves/ workman’s gloves
Theatre:
- **Personal clothing and protection vital. Do not allow yourself to be injured**
  - Scrubs. 3 sets
  - Masks with attached visors
  - Disposable gowns: up to 5 in personal kit
  - Own size sterile gloves. 1-2 boxes
  - Towelling sweatband
  - Cloth hat or paper disposable hats
  - Plastic aprons
  - Theatre shoes [covered toes, washable] or shoe covers
  - Skin marking pen to write on patient and dressings
  - Tourniquet for taking blood: locals often use a bit of rubber glove tied around the arm

Surgical kit:
- Favourite instruments: eg forceps, small sharp scissors, periosteal elevator, gynae curette
  
  Check the kit list with your deploying agency. Basics may be missing and specials certainly will be. Take the extras in personal luggage, pack anything sharp in main baggage not carry-on. Vital/ expensive/ loaned equipment needs to be carried always eg rechargeable drill.

Sleeping
- **Comfort, temperature control, avoid being bitten by anything at all times. Keep pack and shoes/ boots inside to minimise bugs in footwear**
  - (?)Tentage: hoochie/ cord/ 6 tent pegs and a ground sheet
  - Camping pillow
  - Self inflating mattress
  - Sleeping sheet: Silk or cotton liner/ single bed doona cover
  - Sheets/ pillow case
  - Mozzie Dome with floor and zips
  - +/- sleeping bag
  - Insect killer spray for inside dome - not just repellent
  - Plug-in repellent atomiser
  - Space survival blanket
  - Eye shades

Communication and record keeping
- **Keep patient records, personal journal, keep in contact with family, contact useful people. Learn about the local culture and beliefs**
  - International power adaptor
  - Powerboard/double adaptor
  - Camera & Cords, memory cards, computer adaptor, recharger, batteries & rechargeable batteries
  - Laptop, power cord, USB memory stick, CD blanks
  - Laptop speakers
  - PDA / memory cards/ games/ music and
  - PDA power adaptor to recharge/ USB link to computer
  - Mobile phone and recharger. Earpiece. Instruction book/ CD.
  - Set up mobile roaming. Learn to use sms.
Protective mobile phone case
Lists of phone numbers
Email addresses of contacts. Set up temporary hotmail or yahoo account
Laser pointer

Guide book
Phrase-book
Personal or business cards
Pens: several. Consider pen on lanyard
Permanent maker/ skin marker for surgery
Highlighter
Notebook: eg spirax A5 with 3 sections and pockets: enter phone numbers and email addresses along with important info for trip before departure.
Photocopy of business cards for destination and contacts at home ~ 8 to a page
[Home contacts consider hospital officials, military contacts, clinicians to be called upon for advice, instrument companies, dressings, sutures etc]

Medical texts or CDs
Surgical texts, fracture management, obstetric emergencies, dermatology. Antibiotic guidelines, paediatric emergencies
Teaching material/lectures
DVDs: DSTC surgery techniques

**Personal Hygiene and health**
Folding shovel
Toilet paper/ travel tissues in small plastic sachets
Alcoholic hand wash 125ml
Wet ones/ baby wipes in a travel pack

Washing powder/ travel wash liquid in a plastic tube/ sard soap stick/snap lock bag
Laundry bag, mesh or cotton
Stretchy twisted elastic travel clothes line or ~ 20 distinctive pegs

Travel towel/ chamois
Face washer
Wash-bag with hook to suspend, and small mirror
Shampoo, conditioner
Razor, spare head, shaving cream (spare razors?)
Liquid soap in plastic pump pack or tube/loofa
Toothbrush and dental floss and toothpaste
Comb, tweezers, nail scissors/clippers, emery board, nail buffer, orange stick
Deodorant
Foot powder
Cotton buds & balls
Personal hygiene items for women

Moisturizer hands and face
Sunscreen SPF 30+
Repellent: Bushmans with sunscreen
Lip balm/chapstick
Water purification tablets
Staminade
Vicks vapor rub

**Small personal first aid kit**
Stingose gel
Paracetamol
Leucoplast in broad strips/ scissors or bandaids
Malarial prophylaxis usually doxycycline 100mg daily
Ciprofloxacin
Broad spectrum antibiotic
Fungal cream eg canasten
Bandages 10 and 15 cm

**Pleasure**
- *Take something to make you smile*
Photos of home and family
Music: on PDA/ card or CDs and walkman or computer card
DVDs
Books or magazines: reading and writing
Games: eg Kathmandu board game pack/ playing cards
Chewing gum/Mentos/ travel sweets
Scented candle, pink fluff- whatever works to help you smile and relax
Matches and standard cigarette lighters can’t be carried on aircraft. Zippo lighter or buy matches locally

**Presents**
**local children:**
nail polish, stickers, stick on ear rings, balloons, hand stamps [self inking] pens , pencils and sharpeners, notebooks, coloured pencils or pens
soft Australian toys. Australian flag cloth patches.

**Families:**
Australian themes. Lanolin creams popular for women in S.E. Asia.

**Officials:**

*And don’t forget your SENSE OF HUMOUR*