



Packing List

Consider These Tips:

- Do not pack clothes that are bold, showy, political, patriotic, or immodest by local norms.
- Use neutral, not loud colors, to keep from standing out in a crowd.
- Women should consider bringing a head covering, if it is customary in the area.

Packing Resource:

- [CDC's Pack Smart](#)

Packing for Your Job

1. List of job-related contacts and resources

- _____
- _____
- _____
- _____

2. Personal protective equipment (PPE), if necessary

- _____
- _____
- _____
- _____

3. Job-specific clothing such as safety shoes, a hard hat, gloves, or eye protection

- _____
- _____
- _____
- _____





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4. Medium-weight, neutral-colored pants and long-sleeved shirts (for mosquito/insect protection, sun protection, and some workplace exposures)

5. Reflective or light-colored clothing (for better visibility at night) Socks (cotton, cotton blends, breathable fabrics for warmer climates and wool for colder ones)

6. Other:

Packing for Your Location

1. Hotel security list



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2. Season-appropriate outerwear

- _____
- _____
- _____
- _____

3. Seasonal hat

- _____

4. Rain gear, if necessary

- _____
- _____
- _____
- _____

5. Insect repellent, if necessary

- _____

6. Sun screen, if necessary

- _____

7. Other:

- _____
- _____
- _____
- _____





Packing for Your Personal Needs

1. Multiple forms of payment, including credit cards, traveler's checks, and \$200 to \$300 cash

2. Medications in original containers with labels, if necessary, and a copy of eyeglass prescription

3. Health summary or doctor's letter on official letterhead, if necessary

4. Travel health kit, go to CDC Smart Pack

5. Copy of passport with minimum two blank VISA pages

6. List of personal and emergency contacts



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PACKING LIST

7. Healthy, nonperishable snacks

- _____
- _____
- _____
- _____

8. Other:

- _____
- _____
- _____
- _____