

PACKING LIST

CARRY-ON ITEMS

- Passport (Current, minimum six months validity, please check the date)
- AUA Immigration Letter
- AUA Housing address
- VISA: If required, to enter Antigua because you're not a U.S. or Canadian Citizen or not a Citizen of a country the citizens of which Antigua allows to enter visa free.
- Driver's License: Current, that will not expire while you're in Antigua
- Debit/Credit Cards: Current that will not expire while you're in Antigua
 - With a Travel Notice on each card
- Healthcare Provider Card
- Pen/Black to complete the Immigrant Form on the airplane
- Cash for bag porters. Plan to tip \$2 USD per bag on arrival. There is an ATM at ANU airport.
- Personal Medications: Prescription or over the counter if needed regularly
- Prescription/Reading Eyeglasses, (especially if you wear contacts)
- Contact Solution and Contact Case, if applicable
- Cell Phone & Charger
- Contact phone numbers for family (home and cell phone numbers)
- Headphones for listening to music and or watching movies

TECHNOLOGY:

- Windows Laptop / Tablet/ Apple MacBook: Please be sure to review requirements in the New Student Guide on the AUA website.
- Headphones for listening to music/watching study videos
- 5-7 surge protector strip

SCHOOL SUPPLIES:

- Electronic Med 1 Books (Optional: [Visit AUA's online bookstore](#))
- Medical stethoscope (Littman 2 or similar model)
- Blood Pressure Cuff
- Reflex hammer (Babinski type or similar)
- Pen torch (Keeler Medical Pen Torch or similar)
- Eye charts
- Tuning forks 128 Hz and 512 Hz
- Wrist Watch with seconds (digital or analog) for taking pulse
- White Coat – short (length to hip)
- Back-pack or Tote
- Scrubs - 2 sets, any solid colors, no logos
- Headphones for listening to music/watching study videos
- Clipboard – Thin
- Small whiteboard and Dry Erase markers
- Pens, Pencils, Highlighters
- Notebooks: ONLY if weight permissible. Can be bought in Antigua
- 3-5 sets of professional clothes (you'll dress professionally 2-3x/week) Shirts, dress pants, ties/dress, blouse, professional skirt
- 1 set of dress shoes/ Females: can be flats or a low heel
- 1 set of closed toe and heel shoes for labs. Can be tennis shoes
- Classroom clothes; hoodies/jackets/sweater for sometimes cold classrooms

CLOTHING:

- Professional clothes for class
- Casual clothes
- Dress shoes
- Casual shoes
- Sandals`
- Gym shoes
- Gym clothes
- Swimwear
- Hat with wide brims

HEALTHCARE / HYGIENE:

- Prescription Medication
- Over the Counter Medications: Benadryl/Anti-diarrhea medicine/Neosporin/Anti-itch cream (for mosquito bites)/Tylenol etc.
- First Aid Kit (small) with Band Aids
- Toothbrushes and Toothpaste
- Shavers (electric or extra blades for manual)
- Nail Clippers/Scissors
- Shampoo/Sponge/Body Wash/Bar of Soap (smaller bottles, unless you must have your preferred brand)
- Shower Slippers
- Sunglasses
- Sunscreen
- Bug spray / Wipes with Deet
- Lubricating Eye Drops (your eyes will get dry from all the studying)
- Extra Contact Lenses (If you lose or damage yours)
- Extra Contact Lenses Solution
- Extra Eyeglasses, Prescription/Reading (If you lose or break yours)
- Personal Hygiene Items

OTHER MISC. ITEMS:

- Pillow (In vacuum sealed bag)
- Bed sheets, pillow cases, blankets and or comforter (In vacuum sealed bag)
- Towels and washcloth
- Kitchen towels
- Shower Curtain (If you want your own)
- Reusable water bottles
- Brita water pitcher & filters
- Eye glasses repair kit
- Small lightweight umbrella
- Flashlight
- Plastic hangers, if you have room