

SUGGESTED PACKING CHECKLIST



HEALTH CARE & HYGIENE

Most items available on island or you can pack them in your luggage.

- Prescription medication and extra prescriptions if necessary
- Over-the-counter medications (Benadryl, anti-diarrheal, Naoosporin, anti-itch cream for mosquito bites, Tylenol, etc.)
- First-aid kit (small, with Band Aids)
- Toothbrushes & toothpaste
- Shavers (electric or extra blades for manual)
- Nail clippers/scissors
- Shampoo/sponge/body wash/bars of soap (smaller bottles, unless you must have your preferred brand)
- Shower slippers
- Sunglasses
- Sunscreen
- Bug spray (REPEL works well)
- Lubricating eye drops
- Extra contact lenses (in case you lose or damage yours)
- Extra contact-lens solution
- Extra eyeglasses, prescription/reading (in case you lose or break yours)
- Personal hygiene items



CARRY-ON ITEMS

Make sure that all of these items are in your carry-on during your flight to Antigua. Do not check them.

- Passport (current and with a minimum six-month validity; please check the date)
- A standard passport photo. One is required for your immigration extension of time. It must be printed in color on photo quality paper; 2x2 inches (51 x 51 mm) in size. *Photocopies and printouts on printer paper will not be accepted.*
- AUA immigration letter
- AUA housing assignment letter with housing address
- AUA acceptance letter
- VISA (if required, to enter Antigua because you're not a U.S. or Canadian citizen or a citizen of a country whose citizens Antigua allows to enter without visa)
- Driver's license (current and that will not expire while you're in Antigua)
- Debit/credit cards (current and that will not expire while you're in Antigua)
- With a travel notice on each card
- Health-care provider card
- Black pen (for completing the immigrant form on the airplane)
- Cash (in case you cannot immediately access an ATM or use a credit card). Also, bring a few dollar bills for bag porters at the Antigua Airport
- Personal medications (prescription or over-the-counter, if needed regularly. *Do Not pack in luggage, place in your carry-on.*)
- Prescription/reading eyeglasses (especially if you wear contacts)
- Contact-lens solution and case (if applicable)
- Cell phone & charger
- Contact phone numbers (for family: home and cell phone numbers)
- Headphones (for listening to music, etc.)



SCHOOL SUPPLIES

All school supplies are available for purchase on campus, or you can pack them in your luggage.

- Medical stethoscope (Littman 2 or similar model)
- Blood-pressure cuff (manual)
- Reflex hammer (Babinski type or similar)
- Pen torch (Keeler Medical Pen Torch or similar)
- Eye charts
- Tuning forks (128 Hz & 512 Hz)
- Wristwatch with seconds (digital or analog; for taking pulse)
- White Coat (short: length to hip)
- Scrubs (2 sets; any solid colors; no logos)
- Clipboard (thin)



MISCELLANEOUS ITEMS

Listed items can be purchased on island, but bedding linens are not supplied when you move into housing. You may decide to bring linens with you for your first several days and purchase remaining linens on island.

- Pillow (in a vacuum-sealed bag)
- Bedsheets, pillowcases, blankets, and/or comforter (in a vacuum-sealed bag)
- Towels and washcloths
- Kitchen towels
- Shower curtain
- Reusable water bottles
- Brita water pitcher & filters
- Eyeglass repair kit
- Small lightweight umbrella
- Flashlight
- Plastic hangers



CLOTHING

Please note that all students are required to dress professionally 2-3 times per week.

- 3–5 sets of professional clothes. Dress shirt, dress pants, and tie for men. Dress or skirt and blouse for women
- 1 set of dress shoes (females: can be flats or low-heeled)
- 1 set of closed-toe and closed-heel shoes for labs (can be tennis shoes)
- Classroom clothes; hoodies/jackets/sweater (classrooms are sometimes cold)
- Sandals (2 pairs; will wear out quickly)
- Swimwear, gym clothes & gym shoes
- Hat with wide brim (for sun protection)



TECHNOLOGY

Please review all technology requirements and minimum specifications for laptops in the New Student Guide on the AUA website at avamed.org/student-life/guides/new-student/

- Windows laptop/tablet/Apple MacBook
- Surge-protector strip with 5–7 outlets