

SUGGESTED PACKING CHECKLIST



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)
- 4 standard passport photos. In addition to your passport, you will need 4 passport photos 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 or 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 immigration 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
- Contact-lens solution and case (if applicable)
- Cell phone & charger
- Contact phone numbers (for family: home and cell phone numbers)
- Headphones
- Hand sanitizer
- Masks
- Gloves
- Thermometer
- Clothing for 2 days (In event of suitcases lost/delayed)
- Travel-sized toiletries



SCHOOL SUPPLIES

All school supplies are available for purchase on campus, but feel free to pack extras in your luggage if you have room.

- 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 (for taking pulse)



TECHNOLOGY

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

- Windows laptop/tablet/Apple MacBook
- Surge-protector strip with 5–7 outlets
- Spare charger for cell phone, headphones, etc.
- Router
- Spare batteries



CLOTHING

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

- White Coat (short: length to hip)
- Scrubs (2 sets; any solid colors; no logos)
- 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
- Classroom clothes; hoodies/jackets/sweater (classrooms are sometimes cold)
- Swimwear, gym clothes & gym shoes



HEALTH CARE & HYGIENE

Most items available on island or you can pack them.

- Prescription medication and extra prescriptions if necessary
- Over-the-counter medications (Benadryl, Tylenol, Imodium, Neosporin, etc.)
- First-aid kit (small, with Band Aids)
- Thermometer
- Toothbrushes & toothpaste
- Shavers (electric or extra blades for manual)
- Nail clippers/scissors
- Shampoo/sponge/body wash/personal hygiene items
- Shower slippers
- Sunscreen
- Bug spray (REPEL works well)
- Lubricating eye drops
- Extra contact lenses and contact-lens solution
- Extra eyeglasses, prescription/reading



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.

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| <input type="checkbox"/> Pillow (in a vacuum-sealed bag) | <input type="checkbox"/> Reusable water bottles |
| <input type="checkbox"/> Bedsheets, pillowcases, blankets, comforter, mattress protector (in a vacuum-sealed bag) | <input type="checkbox"/> Brita water pitcher & filters |
| <input type="checkbox"/> Towels and washcloths | <input type="checkbox"/> Eyeglass repair kit |
| <input type="checkbox"/> Kitchen towels | <input type="checkbox"/> Small lightweight umbrella |
| <input type="checkbox"/> Shower curtain | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Disinfectant wipes | <input type="checkbox"/> Plastic hangers |
| | <input type="checkbox"/> Command strips/hooks |
| | <input type="checkbox"/> Portable luggage scale |