

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. They 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 email
- 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 immigration forms on the plane)
- 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. Bring only \$1 and \$5 bills (\$20 rarely used, hundreds never)
- Personal medications (prescription or over-the-counter, if needed regularly) *Do not pack in luggage, place in your carry-on.*
- Prescription/reading eyeglasses
- Hand sanitizer
- Masks (only required in classrooms)
- Cell phone & charger
- Contact phone numbers (for family: home and cell phone numbers)
- Clothing for 2 days (in event of suitcases lost/delayed)
- Travel-sized toiletries
- Food (favorite snack, nonperishables)
- * Contact new student coordinator for more information



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 or similar model)
- Blood-pressure cuff (manual)
- Reflex hammer (Babinski type or similar)
- Pen torch (Keeler Medical Pen Torch or similar) and battery
- Eye charts
- Tuning forks (128 Hz & 512 Hz)
- Wristwatch with seconds (for taking pulse)
- First aid textbook and recommend organ systems, and clinical science
- Basic school supplies



TECHNOLOGY

Please review all technology requirements 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
- Router *
- Spare batteries
- Extra chargers for all electronics
- External hard drive
- String lights/small lamps/extra lighting
- VPN subscription



CLOTHING

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

- White coat 2 (short: length to hip)
- Scrubs (2-3 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 closed-toe for labs
- 1-2 pairs of dress shoes (females: can be flats or low-heeled)
- Classroom clothes; hoodies/jackets/sweater (classrooms are sometimes cold)
- Swimwear, gym clothes, and 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
- Razors (electric or extra blades for manual)
- Nail clippers/scissors
- Shampoo/sponge/body wash/personal hygiene items
- Sunscreen
- Bug spray (REPEL works well)
- Lubricating eye drops
- Contact lenses and contact-lens solution
- Eyeglasses, prescription/reading
- Hair/skin care products
- Hand sanitizer, disposable face masks,
- Supplements/vitamins
- Feminine products
- Hydroflask for water
- Vitamins - for those on special diets
- Protein powder
- Mosquito/bug net



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, comforter, mattress protector (in a vacuum-sealed bag)
- Towels and washcloths
- Kitchen towels
- Disinfectant wipes
- Reusable water bottles
- Brita water pitcher & filters
- Small lightweight umbrella
- Flashlight
- Command strips/hooks
- Portable luggage scale
- Screen protectors
- Hats
- Aloe vera
- Portable fan or USB fan
- Backpack
- Noise canceling ear plugs
- Extra blanket for library
- Sunglasses, hats, lanyard for ID card/keychain
- Office chair cushion for studying at home
- Crockpot slow cooker or instant pot
- Shower caddy/hook
- Kitchen supplies, dish sponges, disinfecting wipes (travel size)
- Small blender (smoothie machine)
- Coffee mug/flask, coffee
- Small plastic tape measure
- Seat cushion
- Exercise equipment (yoga mat) for stretching after long hours of sitting
- 1 or 2 Glade solid freshener(s) for the room
- Ice trays, cooking knife,
- cutting board, normal kitchen utensils, kitchen towel, pot holder
- Tide pods, Oxyclean pods
- Beach bag
- Reusable shopping bags
- Wall clock, alarm clock, wall calendar
- Plug in night light
- Lunchbag
- Extension cord
- Portable charger
- Routers
- Reusable straws/utensils
- Desk lamp, extra office supplies (pens, highlighters, post its)
- A running vest/belt for walking off campus at night
- Plastic food storage containers