

Suggestions from Trip Participants

Provided at Clinica Ezell:

- Electricity in the rooms
- Hot water in the showers (but the water in the shower is not filtered)
- Filtered water in the dormitory bathroom sinks only, not the efficiency apartments.
- Purified water to drink and fill water bottles
- Hospital scrubs
- Towel, pillow, bed linens
- Washing machine and dryer

Suggested Items to Pack:

- High quality photocopies of your passport stored separate from your passport
- NOTHING in cardboard boxes (customs officials are suspicious of cardboard boxes), pack everything in luggage.
- Chargers for electronics
- Bible app on your phone with downloaded Spanish versions
- Evaporative Cooling towel for hot days in the clinic
- Your own pillow if you are picky about pillows
- Searchable Spanish app or Spanish phrasebook
- Transdermal Scoop patch if you get car sick. There is a 3-hour bus ride from the airport to Clinica Ezell, 2-hour bus ride from Ezell to Antigua, and another hour ride from Antigua to the Airport.
- Ear plugs in the event your roommate snores
- Sunglasses while traveling
- Cash. Many small bills (\$1/\$5/\$10) instead of large bills – vendors prefer crisp/new bills with no tears or markings (many accept US Dollars).