



Packing List

Scrubs

- Two pairs are recommended
- Uses: Gross Anatomy Lab in MD1, PDI and CPR classes
- Where to buy: Your local uniform shop or online at any uniform vendor
- Cost: \$30-\$40 depending on the brand

Lab Coat

- 2 long coats needed; Needs to fit well enough that you can button it all the way down
- Uses: One for Gross Anatomy Lab in MD1, other for PDI and CPR classes; there is a distinct smell that will stay on the lab coat from the Anatomy lab, therefore a second is recommended for the other two classes
- Where to buy: Amazon is your best bet, especially if you have Prime
- Cost: \$10-\$30 depending on the brand

Lab Gloves:

- Please bring LATEX FREE gloves
- Uses: Gross Anatomy Lab in MD1
- Where to buy: Walmart, ask your doctor or dentist for a box, online
- Cost: \$10-\$15 depending on the brand

Lab Shoes or Shoe Covers

- Bring a box of shoe covers or croc-like shoes
- Uses: Gross Anatomy Lab in MD1
- Where to buy: Local shoe store, online
- Cost: \$30-\$60 for shoes, \$10-\$15 for shoe covers

Stethoscope

- It is best to invest in a good stethoscope since you will be using it the rest of your career. For medical school purposes, you will need DOUBLE lumen.
- Uses: PDI Lab in MD4
- Where to buy: Amazon is your best bet, especially if you have prime
- Cost: \$150-\$200 (Recommended Littmann Cardiology III or IV)

Blood Pressure Cuff

- Basic ADC cuff is all that is needed
- Uses: PDI Lab in MD4
- Where to buy: Amazon is your best bet, especially if you have prime
- Cost: \$20-\$30



Otoscope and Ophthalmoscope

- Recommended (not required) to purchase a panoptic ophthalmoscope. Like the stethoscope, it will last a lifetime. The panoptic can be used even if the room is not darkened and most students find it easier to find the fundus.
- Uses: Neurology testing in MD2, PDI Lab in MD4, May be required in MD1
- Where to buy: Amazon is your best bet, especially if you have prime
- Cost: \$300-\$400 (Welch Allyn PocketScope Set)

Tuning Fork/Penlight/Reflex Percussion Hammer

- Uses: Neurology testing in MD2, PDI Lab MD4, May be used in MD1
- Where to buy: Amazon is your best bet, especially if you have prime
- Cost: \$16-\$20 (Recommended: Set of 5 pcs Reflex Percussion Taylor Hammer + Penlight + Tuning Fork C 128 C 512 + Bandage Scissors 5.5)

Snellen Eye Chart

- Uses: Neurology testing in MD2, PDI Lab in MD4, May be required in MD1
- Where to buy: Amazon is your best bet, especially if you have prime
- Cost: \$3-\$5

Colored Pencils:

- Uses: MD1 Histology Lab

Miscellaneous Items

- Splash resistant goggles, one box of 50 disposable masks

Basic School Supplies

- Pens, pencils, notebooks, binders, highlighters, backpack, notecards, etc.

Laptop

- No specific requirements for this. Laptops will be used for homework, note taking, Moodle, etc.

Basic Living Necessities

- Shampoo, conditioner, body wash, face wash, etc. Items are more costly on the island so it is recommended to bring these items with you.
- Lots of US brands are not available on the island. If you use specific items, please make sure to bring a four month supply
- Lunchbox, Tupperware

Clothing

- The classrooms are air conditioned so please make sure to bring a few sweaters
- Professional clothing is REQUIRED for presentations. Please make sure to bring at least two outfits with you.