



JOHNS HOPKINS
M E D I C I N E
SCHOOL OF MEDICINE

WHAT TO BRING

<u>TOILETRIES- All the usual stuff</u>		✓
1.	Toothpaste	
2.	Toothbrush	
3.	Dental floss	
4.	Bar of soap	
5.	Shampoo	
6.	Hygiene supplies	
7.	Shaving supplies (<i>or go man-style!</i>)	
8.	Brush	
9.	Towel	
10.	Washcloth	
<u>CLOTHING- In addition to what you usually wear. Do plan on getting dirty.</u>		
11.	Long underwear	
12.	Fleece or sweaters (NOT COTTON)	
13.	Gloves	
14.	Hat	
15.	Winter jacket (PREFERABLY SOMETHING WATERPROOF)	
16.	Waterproof/ski pants (<i>a good idea if it is wet outside</i>)	
17.	Non-cotton undergarments	
18.	Socks	
19.	Boots	
20.	Other comfortable shoes (<i>"camp shoes"</i>)	
<u>SUPPLIES</u>		
21.	Flashlight or headlight	
22.	Compass	
23.	Backpack (can also rent at REI)	
24.	Sleeping bag (can also rent at REI)	
25.	Pillow	
26.	Personal snacks	
27.	Utensils (<i>fork, knife, spoon</i>)	
28.	Dinner plate (<i>or mess kit</i>)	
29.	Bowl	
30.	Cup and/or Coffee mug	
31.	Hiking or ski poles (<i>if you have them, bring them!</i>)	

32.	Notebook, pens, pencil	
33.	Your favorite book	
<u>GOOD IDEAS</u>		
34.	Radio, iPod, etc.	
35.	Football, baseball and gloves, etc.	
36.	Alarm	
37.	Cards, poker chips, etc.	
38.	Frisbee	
39.	Ear plugs	
40.	Camera	
<u>FIRST AID KIT</u>		
41.	Duct Tape	
42.	Superglue or similar	
43.	2 large cravats (<i>a large square of bed sheet cut in even triangles will suffice</i>)	
44.	4x4 gauze pads	
45.	Moleskin	
46.	Band-Aids	
47.	Adhesive tape	
48.	Safety pins	
49.	Rolls of 4 inch kling	
50.	Elastic (Ace) bandage	
51.	SAM splint	
52.	Scissors	
53.	Non-latex gloves	
54.	Dental floss	
55.	Analgesics: Ibuprofen, Tylenol, Aspirin	
<u>PERSONAL BIVY KIT</u>		
56.	Knife	
57.	Whistle (<i>plastic in winter</i>)	
58.	Compass	
59.	2 large garbage bags (SHELTER OF EMERGENCY RAIN GEAR)	
60.	Lighter and/or waterproof matches	
61.	2 plumber's candles	
62.	Emergency space blanket	
63.	100 feet parachute cord	