

A woman with blonde hair tied back, wearing a grey long-sleeved shirt and blue gloves, is interacting with a large group of children in a slum. The children are reaching out towards her, and she appears to be examining or comforting them. The background shows makeshift buildings made of brick and tarpaulin.

# Medical Mission Trips

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# Objectives

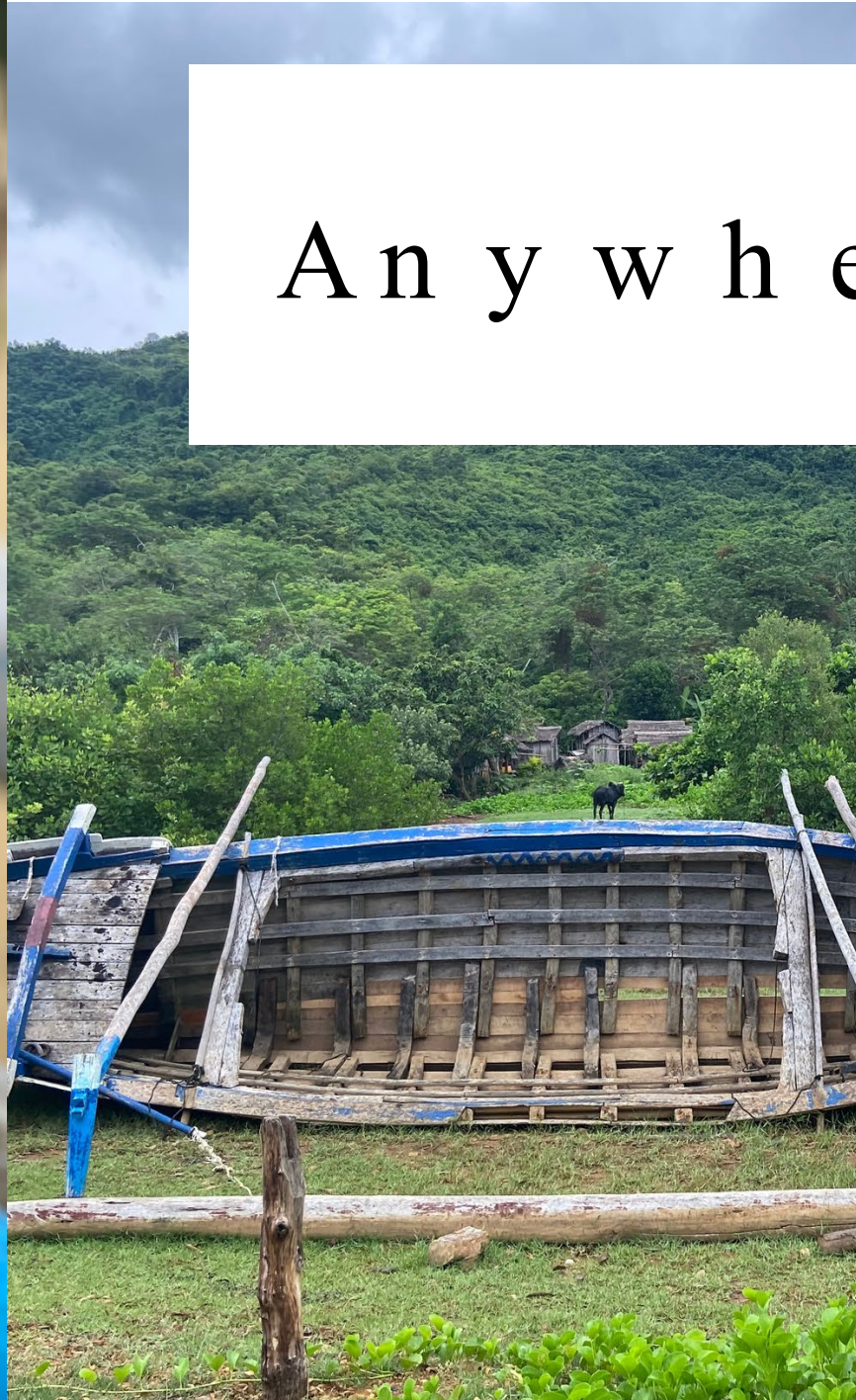
Understand:

- How to Prepare
- safety precautions
- What to bring
- What to expect



# Where can you go?

Anywhere!



# Why should you go?

- See the world - How do people really live
- Help people without access to medical care
- Practice your skills and learn new ones
- Meet awesome people
- Leave your comfort zone



# What does it cost?



\$ 6 0 0 - \$ 3 0 0 0

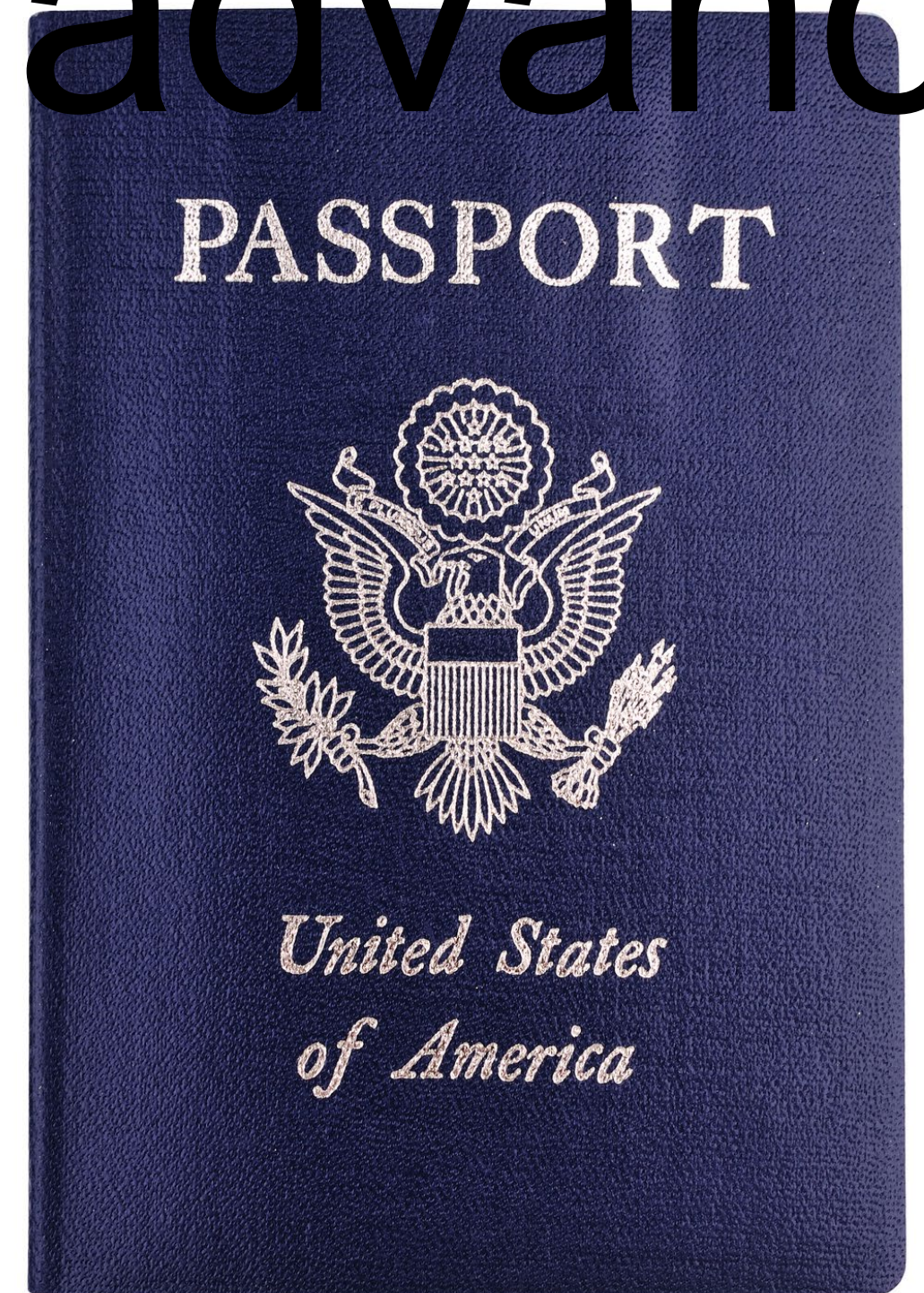
P a y y o u r o w n f l i g h t s .

f o o d , h o u s i n g a n d a i r p o r t t r a n s f e r  
i n c l u d e d .



# What to prep in advance

- V a c c i n a t i o n s & M e d s
- p a s s p o r t - 6 m o s
- C h e c k V i s a  
R e q u i r e m e n t s



# Is it safe?

c d c . g o v

- V a c c i n e s
- M e d s t o b r i n g
- h e a l t h w a r n i n g s
- P a c k i n g L i s t
- T r a n s p o r t a t i o n

T r a v e l . s t a t e . g o v

- P a s s p o r t
- V i s a s
- C u r r e n t s a f e t y  
R i s k s
- E n t r y / e x i t  
r e s t r i c t i o n s



# What to pack for yourself



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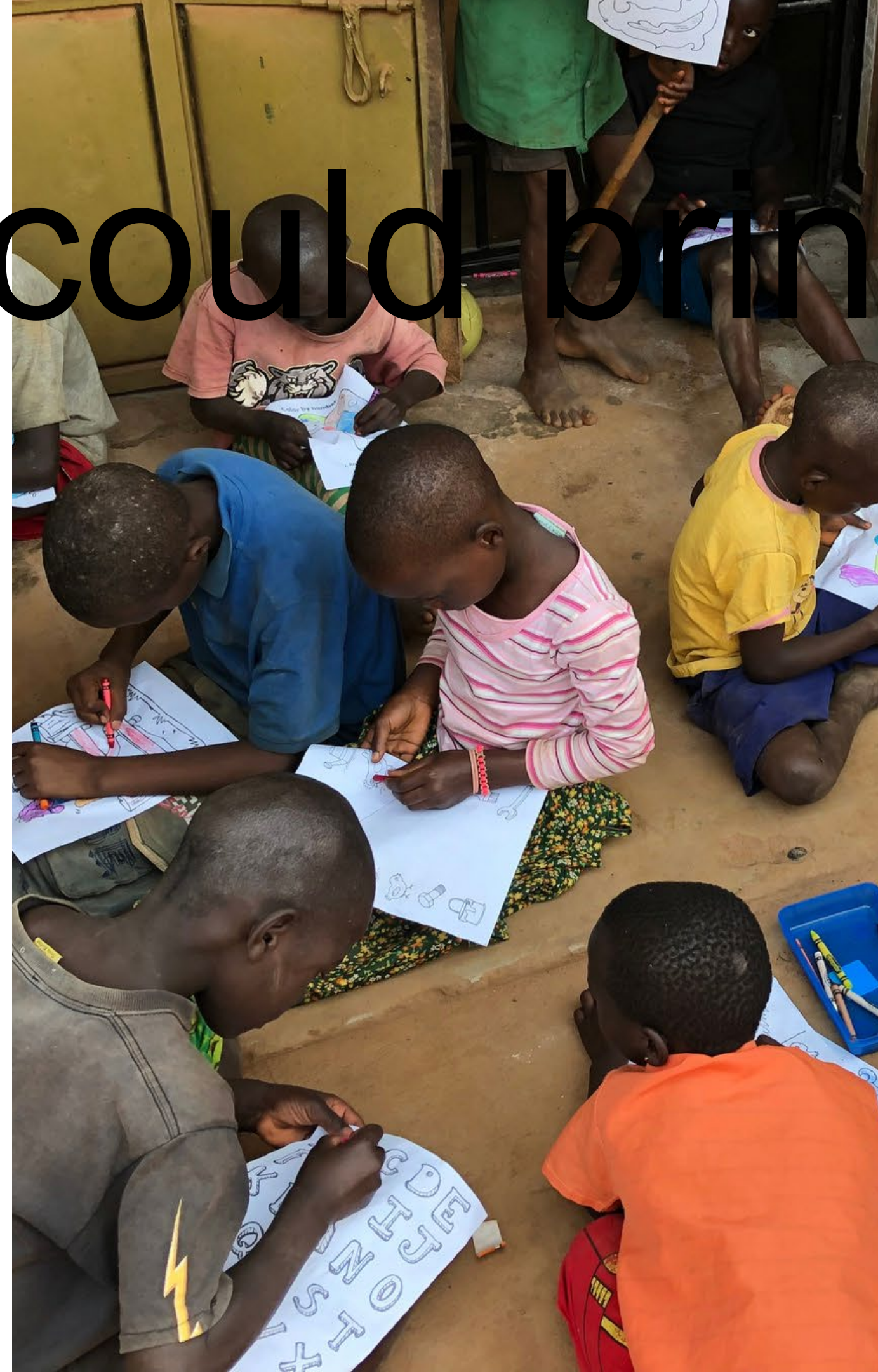
# What to pack for yourself

- Water filter or purification tablets & Snacks?
- Backpack
- Bug Spray
- Bed net (in areas with malaria)
- Sunscreen & Hat
- Wipes & Hand Sanitizer
- Flashlight/headlamps spare batteries
- Menstrual supplies
- Photocopies of important documents - passport, SS Card, ID and medical license
- Recommended clothing - Scrubs
- Toiletries
- Flip Flops
- Closed toe shoes
- Meds



# What else you could bring

- Medical supplies - Assume they have none
- clothing donations
- toy donations
- entertainment - bubbles, coloring books
- try to ask ahead on what they need



# What to expect



- Dis o r g a n i z a t i o n
- L a c k o f s u p p l i e s
- d i f f e r e n t f o o d &
- l i m i t e d c h o i c e s
- I l l n e s s
- n o e l e c t r i c i t y
- c o l d s h o w e r s
- N o t r a s h d i s p o s a l
- l a n g u a g e b a r r i e r s
- c u l t u r a l d i f f e r e n c e s



# Other advice:

S m a l l e r a g e n c i e s  
w i l l h a v e d i f f e r e n t  
r i s k s

p l a n e x t r a d a y s a t  
t h e e n d t o s e e  
a n o t h e r c i t y o r b u y  
s o u v e n i r s



# Questions?



# 4 North Stronger Together

Medical outreach  
clinic in the  
Dominican Republic



[4north.org/strongertogether](https://4north.org/strongertogether)

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# Forever Home Foundation

Medical support for  
children's homes  
and communities in  
Uganda



Reach out to me:

E r i c a H a r v i t t

5 1 7 . 4 2 0 . 8 1 6 4

**Thanks for coming!**

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