



TRIAGE

A 13-Week Packing Checklist For Traveling Medical Pros

Leaving home and setting up shop somewhere new means something different for every person. Don't let all the prep get in the way of understanding what needs to be packed to continue enjoying the comforts of home. Use this categorized checklist as a guide to understand what you should wear during your travels, what you should pack and what you can buy when you land.

If you're the type of person who runs every possible situation through your head and packs an item for each of those possible outcomes, you're an over-packer by nature. If you're the type of person who thinks, "We'll get to it when we get to it," you're a textbook under-packer. You might be liable to assume you can "pick it up at the store when I get there."

If you're the type of person who packs the night before a huge move (every person on the planet) this checklist is your *life*.

What to Wear:

No matter the season or state, a jacket and pants are always staples you want to bring along for one of those freaky "Murphy's Law" situations. They also take up lots of room. These are items you should consider wearing during your travels or stuffing in your carry-on not to eat up precious space in your bags.

☐

Rain jacket

☐

Sunglasses

☐

Jeans/Sweatpants

☐

Scarf

☐

Weather boots

☐

Watch

☐

Hat

☐

Empty To-Go coffee mug



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What to Pack [6 Categories]:

Work:

- | | |
|---|--|
| <input type="checkbox"/> 7 pairs of scrubs | <input type="checkbox"/> 1 pair of comfortable tennis shoes |
| <input type="checkbox"/> 7 pairs of socks | <input type="checkbox"/> Your professional services agreement |
| <input type="checkbox"/> 7 long-sleeve shirts | <input type="checkbox"/> First-day instructions specific to your new location |
| <input type="checkbox"/> Stethoscope | <input type="checkbox"/> All your major credit cards |
| <input type="checkbox"/> Driver's license | <input type="checkbox"/> A copy of your birth certificate |
| <input type="checkbox"/> Social security card | <input type="checkbox"/> Car insurance documentation |
| <input type="checkbox"/> Professional license | <input type="checkbox"/> Phone numbers of your recruiter, facility manager and emergency contacts/front desk information to the new facility |
| <input type="checkbox"/> Standard traveler handbook for workplace safety & patient care | |

Sleep:

- | | |
|---|--|
| <input type="checkbox"/> Pillow with pillowcase | <input type="checkbox"/> Mattress pad |
| <input type="checkbox"/> Sheet set | <input type="checkbox"/> Favorite blanket that reminds you of home |
| <input type="checkbox"/> Comforter | <input type="checkbox"/> 7 sleepshirts/shorts/pants |

These items may vary depending on the furnishings at your short-term housing location.



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Organize:

☐

Extension cords

☐

Shirt/Pant hangers

☐

Stacking bins

☐

Hooks

☐

Batteries

☐

Sewing kit

☐

Flashlight

Relax:

☐

Slippers/Flip flops

☐

Rent or buy: tv, microwave and DVD player

☐

Photos of friends and loved ones

Eat:

☐

Can opener

☐

Bottle opener

☐

Fry pan

☐

Spatula

☐

Cookie sheet

☐

Tongs

☐

Cutting board

☐

Clothing pins/chip clips

☐

Food storage containers

☐

Large mixing bowl

☐

Measuring cups and spoons



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Shower:

☐

Shower towel

☐

Travel brush

☐

Shower caddy

☐

Tweezers

What to Buy When You Land [5 Categories]:

Organize:

☐

First aid kit

☐

Storage boxes (From a local store)

☐

Broom/dust pan

Relax:

☐

Candles

☐

Area rug

☐

Floor pillow

☐

Table lamp

Eat:

☐

Paper towels

☐

Plastic bowls

☐

Paper plates

☐

Salt & pepper shakers

☐

Plastic utensils



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Clean:

☐

Dish soap

☐

Wastebasket

☐

Dish scrubber

☐

Clorox wipes

☐

Laundry basket

☐

Laundry detergent/dryer sheets

Shower:

☐

Face wash

☐

Razors

☐

Body wash

☐

Handsoap

☐

Toothbrush

☐

Bathroom rug

☐

Toothpaste

☐

Shampoo/Conditioner



Triage travelers work in all 50 states, in cities big and small.

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