

Personal survival guide

Read the FCO guidance about the country/locality you are visiting.

<https://www.gov.uk/foreign-travel-advice>

You will probably need the following in addition to your 'phone:

- Dollars; local currency often not available in the UK!
- Know where ATMs are, credit cards are infrequently accepted; often no contactless!
- A small rucksack you can carry your valuables around in, and which you can take around and into theatre with you. Many hotels don't have safes, and hospitals lockers, so the pack helps in ensuring you take your valuables back home with you!
- Baby or festival wipes. Water in the hotel and hospital may be non-existent.
- Alcohol gel - Money is often filthy, and the commonest vector for diarrhoeal illnesses. Gel after any handling of money, and use it once you've seen patients!
- Sunscreen/hat for the odd occasion you get out in daylight.
- Malarial prophylaxis - Malarone can be bought over the counter in the UK; start 48 hours before going. Take insect repellent that suits your skin and think about a mosquito net.
- Head torch in case there is no electricity at the hotel and you want to read
- Torch, as there is limited street lighting if you go out in the evenings.
- Powerbank, phone and tablet chargers.
- Camera
- Theatre scrubs/shoes /masks/hats/aprons. You usually leave these behind afterwards as they are prized by your local colleagues!