



**AmeriSpan Unlimited**  
THE BRIDGE BETWEEN CULTURES

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## SALUD COSTA RICA

### WHAT TO BRING

As you probably know, one of the major social concerns in most of Latin America is poverty, and many of the medical settings where you will observe/assist are serving the needs of this large segment of the population. In addition to the suggested items in your Need to Know sheets, you should bring your own scrubs, gloves, booties, caps, masks, stethoscopes, HPE crib sheets, etc. These may be needed if you perform physical examinations, make rounds and/or go into OR. Participants from previous SALUD programs had to provide these for themselves because the local hospitals and clinics were on tight budgets.

### DONATION LIST

AmeriSpan makes financial donations to most of the clinics, doctors and other organizations where you will be observing. However, it is also required that you bring medicine and medical supplies to donate to these organizations as well. The Lead Student of your group will coordinate the donations that are required from each group. It is important that you and your group work on building a respectable amount of donations to bring. AmeriSpan will reimburse any fees incurred as a result of the donations that you bring down with you.

The following is a list of the typical types of medical supplies requested by the organizations that you will visit:

- Aspirin (children's and adult)
- Bandages and/or band-aids
- Alcohol that does not burn
- Ointment for 1<sup>st</sup> and 2<sup>nd</sup> degree burns
- Ace bandages
- Iodine
- Thermometers (disposable and/or non-disposable)
- Pediculocides (anti-lice agents)
- Diapers
- Ointment for diaper rash
- Used eyeglasses
- Gloves
- Scrubs
- Hair nets
- Shoe covers
- Gowns
- Sterile gauze pads
- Stethoscopes
- Suture kits
- Sterile Needles (please consider airline security and pack in checked baggage)
- Lp kits
- Vitamins (like Centrum Silver)
- Ranitadine
- Other non-prescription drugs
- Sheets
- Towels
- Washcloths

In addition to the medical supplies listed above, the following items will be appreciated by the children in the community:

- Toys
- Crayons, markers, etc.
- Coloring books
- Stickers, picture books, etc.