

Mercy Medical Teams

Mercy Medical Team Supply List

LCMS Mercy Medical Teams help partner churches and organizations throughout the world not only by offering medical and spiritual care, but also through the materials we carry with us. A team of 10 individuals may carry 500 or more pounds of medical supplies when traveling abroad. Many of these supplies are used during the clinic held by the team, but some of these supplies are left behind for future use. This helps medical facilities with limited resources keep costs low while serving as many people as possible.

The following is a list of what supplies are needed for the clinic as well as for your own well-being. This list is intended to serve as a guideline.



While developing your packing list, please keep the following in mind:

- You are generally allowed two, 50-pound-checked bags and a carry-on item for each trip.
- Customs generally requires a written inventory of donated items, accompanied by a customs letter. This letter will be provided to you by The Lutheran Church—Missouri Synod.
- Prescription medications should have your name on the bottle.
- Donated, non-durable items should be one year from expiration. Please do not carry expired drugs with you.

You may receive more donated materials than are possible to carry. In this situation, prioritize the items according to their value to the clinic and their weight/bulk. Items such as blankets, clothing, shoes, candy, toys, etc., are useful during clinics, but should not be brought at the expense of medicine, vitamins, etc.

Try not to carry excessive amounts of gloves, bandages, tape, and supplies for treating wounds. We have found that these items often end up not being used when brought in large quantities.

If you have a questions about whether or not to carry a specific item, ask an LCMS staff member or your team leader.



Clinic Supply List

These items are for the clinic and are donated. You are not required to bring anything from this list; these are only suggestions for those who wish to collect supplies.

Pharmacy

- Acetaminophen
- Ibuprofen
- Children's vitamins
- Adult vitamins
- Prenatal vitamins
- Antacids
- Hydrocortisone cream
- Antibiotic cream
- Antifungal cream
- Toothpaste
- Bar soap (sized for families and individuals)

Other Supplies

- Alcohol wipes
- Hand sanitizer
- Gloves
- Urine dipsticks
- Glucose test strips
- Pregnancy tests
- Needles and syringes
- Pens and permanent felt-tip markers
- Tongue depressors
- Trash bags
- Cotton swabs
- Bandages and tape (bandages are not used quickly, so please limit the amount you carry)

Equipment List

These are items that you may use during clinic. It is not mandatory that you carry these items with you; however, keep in mind that we will not have extra equipment for volunteer use.

- Blood pressure meter and cuffs (adult/pediatric)
- Stethoscope
- Otoscope

- Glucose meter
- Digital thermometer
- Nebulizer (with Albuterol)
- Scissors

Personal Items

These suggested items will keep you safe and comfortable during the trip.

- Scrubs/comfortable clothes for clinic
- Comfortable shoes for clinic (closed toe)
- Sandals/flip-flops
- "Church clothes" (pack according to the number of Sundays spent in the field)
- Prescription medications (with your name on the bottle)
- Malaria preventative medication
- Ciprofloxacin
- Imodium Anti-diarrhea medication (Imodium®, etc.)
- Personal hygiene items
- Bug spray
- Drink mix (Crystal Light®, Gatorade®, etc.)
- Travel Bible/reading book/program literature
- Small flashlight
- Camera
- Batteries
- Sunglasses
- Toilet paper
- Sunscreen
- Bottle for water
- Electricity converter and adaptors (when needed)

