



Get Ready for a Safe Adventure!

HEALTH & SAFETY CHECKLIST

PACKING

- ☐ Do I have all the right gear for field work?*
- ☐ Do I have enough clothes for time in town?*
- *For a more detailed packing list, please refer to the SFS Panama Field Guide
- ☐ Have I reached out to an alum about the best things to bring?
- ☐ Can I carry my own luggage?

MEDICAL

- ☐ Can I meet the requirements of the Physical & Environmental Readiness sections of the Panama Health & Safety Guide and Essential Eligibility Criteria?
- ☐ Have I updated SFS about any changes in my medical history since completing the medical review process?
- ☐ Did I have an appointment with a travel medical specialist? Do I need any additional vaccinations?
- ☐ Do I have enough of my prescription medications for my time abroad?
- ☐ Do I have the recommended amount of COVID tests or masks according to the packing guide?
- ☐ Did I make a first aid kit with recommended over the counter medications?
- ☐ Have I made an allergy card to communicate needs in the local language?
- ☐ Have I purchased snacks to bring along for my trip? Consider this for special dietary needs/preferences and local food available!

LOGISTICS

- ☐ Have I completed my Visa paperwork?
*If you have questions about visas, please contact [SFS Admissions](#).
- ☐ Have I turned in all my medical paperwork, including an academic accommodations letter (if applicable)?
- ☐ Have I called my credit card companies/bank to let them know that I'm traveling abroad?
- ☐ Do I know what services are included as part of my international health insurance?
- ☐ Have I printed out important copies of all my documents (ie. passport, immunization records, international health insurance?)
- ☐ Do I have the important contacts saved in my phone?

MENTAL HEALTH

- ☐ Have I prepared self-care plans as I transition to a new culture and style of living?
- ☐ Have I downloaded the Telus Health app? Use this [link!](#)
Your school is The School for Field Studies
- ☐ How regularly do I want to check in with my support system back at home?

