

## Label ALL equipment

### **ODs and SVOSH:**

1. Retinoscope
2. Ophthalmoscope, there are inexpensive direct scopes that run off of AA batteries
3. Transilluminator
4. Extra batteries for handles, extra bulbs for ret, direct, transillum
5. Desk charger for handles or handles that can be charged directly from outlet
6. BIO and lens
7. Hand held trial lenses
8. Skiascopy / retinoscopy bars
9. Occluders (you may want to purchase disposable ones)
10. Power adapter for given country and a power inverter
11. 20D lens works when you don't have a slit lamp
12. NaFl strips, eye patches, medical tape, bandage contacts,  
Diabetic needles make easy, disposable, hygienic foreign body removal
13. Hand-held slit lamp, when available.
14. Trial lens set and trial frames, when available.

### **Trip Leaders:**

1. VOSH name tags, cellophane tape for back of them  
take extra holders and name tags to replace lost ones.  
Wear name tags going through customs especially.  
Also helps team get to know names. quicker.
2. Going through customs as a group is very helpful.
3. Take small notepad to make notes of patients, expenses, reminders.
4. Have intro of team members early in game plan  
where they are from, relationship to the team.
5. Confirm tickets 72 hours in advance of leaving each way.
6. Confirm all members have updated passport  
cannot expire within six months of trip dates
7. Remind everyone to protect valuables; bags, purses, camera bags, equipment  
carry billfolds and passport in front pocket
8. Pick a color and ask all members to tie a ribbon or yarn on each bag of that color  
easily recognizable coming off the plane and during the trip
12. Remind everyone to carry valuables and medications aboard with if at all possible
13. Remind everyone to check carry-on guidelines and restrictions for their flights
14. Build into the mission fee an amount / per person to cover repairs of equipment;  
Or survival \$ in case of a surprise expense
15. Add an additional \$10 to cover International VOSH dues
16. Have the team send money for the trip cost in advance  
Either to the state VOSH treasurer or trip director
17. Check with host about ease of cashing travelers checks  
Can be a hassle in small countries or communities.  
Split up the cash among several team members
18. Check on exit fees from a country; can may \$40 or greater

be sure you set this aside so it is not spent on other activities.

19. If a child is under legal age and going on the mission with only one parent, get a signed and notarized statement from the second parent granting permission for that parent to take the child outside the US borders and into the country (countries) of the mission. Some countries will make this an issue.
20. Look into WhatsApp <https://www.whatsapp.com/>: A free app that let's you send and receive text messages for free from anywhere in the world.

### **Team Supplies:**

1. Auto-refractor: If handheld, charge all batteries prior to trip;  
bring extra batteries and extra paper
2. tonometer: check batteries; if tonopen, remember covers; if iCare, remember tips
3. lensometer: check batteries
4. extension cords, with multiple outlets
5. large lamps with clamps to hold to table
6. occluders (4-5)
7. bed pan for "salt pan" for sterno stove
8. foldable sterno stove/sterno (check with airline about regulations)
9. retinoscopy bars: one set for each examination station (usually brought by Drs)
10. alcohol wipes for hands, tonopen tip
11. salt pans (get salt and/or baby powder on location) or hot air frame heating units
12. laser pointers for visual acuity charts
13. small bottles of eyeglass cleaner (2-3)
14. dispensary kits (2)—screwdrivers, pliers, files, etc.
15. bag of misc examination items  
rubber gloves, hand sanitizer
16. stapler, staples; rubber bands, paper clips; sticky notes
17. tools for any equipment like autorefractor, screwdriver etc.
18. Hand towels for staff and dispensary (do not use softener when washing them)
19. pens, pencils, highlighters, magic markers,  
extra medications for team (Pepto Bismol, Imodium, firstaid kit
20. 3 x 5 cards for registration or exam forms
21. duct tape, nylon tape, clear strapping tape string or thin rope, knife if possible
22. black plastic trash bags for trash and covering windows
23. different colored dots for coding registration cards for pathology, cataracts,  
glaucoma, other surgeries needed, etc.
24. eye charts: Distance 10-12, bring both tumbling "E" and Snellen,  
Enough for examination area, dispensary, vision screening)  
Reading cards with pictures and letters
25. foam "tumbling E's" to use for demonstration and for visual acuity screenings
26. utility knives (can't carry on board plane)
27. trial lenses/frames if room in suitcase, usually about 6 sets  
Consider strapping two together and take as a carry-on
28. Lights for eye charts; small flashlights for getting around and reading in dim light
29. Medications for team: pepto bismol, pain relievers, immodium, firstaid kit
30. Electrical converters and/or adapters (check for type used in that country)

Other Equipment:

1. Readers (in all ranges)
2. Glasses (usually 12-13 boxes=4800 to 5200 for 5-6 examining)
3. Sunglasses

**4. Medications: mydriatic, cycloplegic, anesthetic**

**Also medications donated from pharmaceutical companies for treatment**

5. Artificial Tears: bring as much as you can
6. Optional:
  - a. shirts for volunteers
  - b. gifts for local volunteers and hosts
  - c. phoropter and portable stand
  - d. computer, printer, paper and notebook listing the eyeglass inventory