



American University of the Caribbean
School of Medicine

The Unofficial AUC "Suitcase Checklist":

Essentials:

1. Laptop (make sure you have a DVD player and wireless network card)
2. Passport, drivers license, and birth certificate, perhaps a copy of your immunizations
3. Clothes (bring at least one set of nice clothes i.e. dress pants/shirt/tie)
4. Medicines/prescriptions
5. phone (one that uses a SIM card) for your cell service here
6. ATM card, credit card, and cash (be sure to let your bank know you're leaving!!!!)
7. flashlight or better yet, battery operated lantern (just in case)
8. Keep valuables and important documents (laptop, birth cert., etc.) in your carry on, not your checked bags

The most important thing to know about packing for St. Maarten is that things on the island are very expensive compared to the State and Provinces (on average about 1.5 times more expensive). Whatever you can fit in your luggage, BRING! But don't bring so much as to pay extra for luggage at the airport!

Disclaimer: This list is by no means complete or exclusive. It is compiled only through one student's own experiences on St. Maarten. Each person may have individual needs, so if you have any other suggestions, please contact Associate Dean of Student Affairs Dr. Ron Testa at rtesta@aucmed.edu.

ROOM AMENITIES

- **Bed Sheet, Blanket, and Pillow** - They'll be expensive on the island.
- **Alarm Clock** - Bring one that is battery-powered, because power goes out a lot on this island, especially off campus. Your time may fall behind and it's a hassle to have to re-adjust the time every time this happens.
- **Wireless Router** - If you're going to live off campus, internet is not cheap (\$60+ a month). Get to know your neighbor and perhaps you can decide to split the cost of buying one internet service together, and share the signal through wifi. If you are living in the dorms, internet is included, but there is no wi-fi so bring an ethernet cord or your own wireless router.
- **Desk Lamp**

There's never been anything that I needed that I couldn't get here; the only bad thing is there's no Wal-Mart or Target. If you need Nyquil, a DVD, Red Bull, and a spindle of blank CD's you're probably going to have to go to four different places or even more if you're picky about the brand or particular type. Here a grocery store sells groceries, a pharmacy sells medicine, a hardware store sells flashlights, etc. etc. So the rule of thumb is that if you are picky about the brand or type of something you should probably pack it. Otherwise, don't pack it unless you will need it as soon as you get here — it will just take up too much room.

BATHROOM AMENITIES

- **Bathmat** - Get one in the states for less than half that price and it fits easily in your luggage.
- **Shower Curtain + Rings** –Again this is something you can save on while not taking up too much space in your luggage.
- **Haircutting Kit** – There is a hair cutting place at the Wyndham Sapphire Hotel, 5 minutes walking away from campus. Some students also go to Sonesta Maho, about 30 minutes walk away for a \$15 haircut. But if you know how to cut your own hair or befriend someone who does, then you can save hundreds of dollars a year.

KITCHEN AMENITIES

- If you are planning to live off campus, some places off campus provide **silverwear, pots, pans, plates** and **cups**. Check with the management office to see. If you live on campus, they don't provide all that for you.
- Kitchen supplies can be found at **ACE's , Kwik Bargain, or Cost-U-Less** once you get to the island, but as mentioned before, things here are a little pricier than in the states, even for these discount stores, unless you're from New York or the Bay Area. A cheaper alternative would be to buy them at the **Fifth Semester Yard Sale** they have on campus the beginning of every semester. Students also post up classified ads on [value MD](#) as well as post **fliers** for kitchen amenities around campus.
- If you are living with a roommate, contact him or her before you come to see if there's anything you can share.

SCHOOL SUPPLIES

- **Books**- You can usually buy them from upperclassmen when you get here if you wish to save some money. If you absolutely insist on bringing books, just bring Lippincott's Biochemistry, and Netter's illustrated anatomy/Benchmarks.
- **USB drive** – As I said before, there always files going around among the class, whether they are ebooks, Acland's anatomy videos, instructional materials, practice questions, or TA notes. You'll definitely be using it a lot. If you don't have one, you can get one at Note Services on Campus with AUC's logo on it.
- **Clip Board** – They are required for lab practical exams. If you forget to bring one, they also sell them at Note Services on campus.

- **Old-Fashioned, wooden #2 Pencils** - They require these types of pencils for exam-taking, you can't use mechanical pencils during exams.
- **Dissection Kits** – If you have one, great! Bring one over, or you can buy a complete set on campus at Note Services for \$30 or so.

OTHERS

- **Contact Lens Solution** – if you wear contacts, bring enough contact lens solution to last.
- If you are taking any **dietary supplements**, like Calcium or Vitamins, bring them. You can find them on the island but they are expensive, costing 2-3x more than the States.
- **Umbrella** – St. Maarten does not have a cold season, but there is a rainy season. It rains a little bit everyday sporadically and unpredictably during the winter months.
- Bring a box of **small, random items** that you may or may not use. For example: matches, staples, sewing kit, badge holders (for your ID during anatomy lab), batteries, post-it notes, candles, tape, rubber bands, envelopes, swimming goggles, glue, ear plugs, etc.
- **Bug spray**
- **Decorations** - If you are living in the dorms, the walls are painfully bare! Bring something you like from home that will make the environment more familiar to you. Also bring a **picture of a loved one**. You'll be thousands of miles away from home in a foreign country, and you'll need one.
- **Don't Forget to Bring a Camera!** St. Maarten's a beautiful place and you'll be taking lots of pictures with all the new friends you'll make here.