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Traveling Interview Checklist

Residency interview season can become quite hectic. It is exciting to break away from school and visit so many programs, dreaming about what the future holds, but interviewing at multiple programs back-to-back while also doing rotations and studying for Step 2 presents many challenges. To help you minimize stress, we are sharing a Travel Checklist for your use.

Interview Day Items

- Personal identification
- Pain reliever/aspirin
- Cold medication(s)
- Contact lens care items – spare for interview bag
- Interview bag
- Interview folder
- 3 copies of Personal Statement and CV
- Contact number for the program (in case of emergency)
- Interview day information - directions for meeting time/place, maps, etc.
- Program information to review on plane
- Thank You Notes (to write while there, or on the plane)/stamps
- Pen/pencil
- Watch
- Suit (jacket/pants/skirt)
- Belt(s)
- Interview shirt x 2
- Hose x 2/socks
- Dress shoes (ladies pack a pair of flats in your purse)
- Jewelry/tie x 2
- Hair accessories
- Lint Brush or lint roller (a must!)
- Nice winter coat/matching gloves
- Raincoat/umbrella
- Snow boots (if needed)

Travel Planning Hints:

Use a site like Priceline/Kayak or trip advisor to book your hotel/rental car/flights
Sign up for a credit card that gives free miles during sign up Page 2 of 2

Toiletries

- Comb/hairbrush
- Toothbrush/toothpaste
- Dental Floss
- Deodorant



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- Personal hygiene products
- Soap
- Skin care lotion/creams
- Make-up
- Shampoo, conditioner, hairspray
- Hair Dryer (hotels have this)
- Lip balm (need it in cold/hot weather)
- Razor/shaving cream
- Contact case and solution
- Glasses in their case
- Feminine hygiene products Miscellaneous Items
- Cell phone
- Phone charger
- Laptop/tablet, with charger
- Medications (Gas-X, Pepto/Tums/Allergy medicine)
- Kleenex
- Band-Aids
- Hotel confirmation info
- Car reservation info
- Airline tickets
- Driver's license (to board plane)
- Credit cards (2 to ensure either is accepted)
- Travel footwear
- Travel clothing
- Sleepwear
- Ear plugs/sleep mask
- Extra underwear, socks, pullover tops
- Cash for tips, taxis, etc

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