

Clinical Rotation Checklist

Essentials

- White coat (clean and pressed)
- Hospital ID badge
- Professional attire or clean scrubs (depending on rotation)
- Comfortable closed-toe shoes (you'll be on your feet a lot!)
- Wristwatch with a second hand (for vitals)
- Pocket notebook or index cards
- Black pens and highlighters
- Clipboard (optional, but handy)

Tech & Tools

- Stethoscope (quality matters!)
- Penlight
- Reflex hammer (if required)
- Medical apps downloaded: UpToDate, AMBOSS, MDCalc, Epocrates, Medscape, Anki
- Phone charger or portable battery pack

Personal Care Items

- Snacks (granola bars, nuts, etc.)
- Water bottle
- Hand sanitizer
- Lip balm and hand lotion (hospital air is dry!)
- Pain reliever (for long days)

Mental Prep

- Review basic physical exam techniques

- Read up on common conditions for your rotation
- Practice presenting patient cases out loud
- Set personal learning goals for the rotation

Bonus Tips

- Keep a rotation journal or logbook
- Ask for feedback regularly
- Be early, be kind, be curious!