

Checklist: Packing Common Personal Items for Deployment

Prepare a go-kit with basic supplies. Don't assume you'll find these items at your destination. Pack practical, easy-care clothing and comfortable shoes.

<input checked="" type="checkbox"/> When Packed	Toiletries
<input type="checkbox"/>	Alcohol-based hand sanitizer
<input type="checkbox"/>	Toilet paper
<input type="checkbox"/>	Sunblock (SPF 15 or higher) – if appropriate
<input type="checkbox"/>	Insect repellent containing DEET – if appropriate
<input type="checkbox"/>	Common medical items (aspirin, first aid items, antacids, eye drops, nasal spray, insect bite lotion, antifungal foot powder, etc.)
<input type="checkbox"/>	Prescription medication
<input type="checkbox"/>	Extra pair of prescription glasses, copy of prescription, and eyeglasses repair kit
<input type="checkbox"/>	Contact lenses, lens case, lens cleaner, saline solution, and eyeglasses protective case
<input type="checkbox"/>	Comb and brush
<input type="checkbox"/>	Toothbrush, toothpaste, and dental floss
<input type="checkbox"/>	Skin moisturizer, lip balm, soap, and shampoo
<input type="checkbox"/>	Razor, extra blades, and shaving cream (pack these items in checked baggage)
<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Scissors, nail clippers, and tweezers (pack these items in checked baggage)
<input type="checkbox"/>	Q-tips, cotton swabs
<input type="checkbox"/>	Feminine hygiene products
	Clothing
<input type="checkbox"/>	A 1-week supply of comfortable clothing to match the weather conditions
<input type="checkbox"/>	Long pants
<input type="checkbox"/>	Long- and short-sleeved shirts, sweaters (as appropriate)
<input type="checkbox"/>	Boots or sturdy shoes and extra laces
<input type="checkbox"/>	Thick socks
<input type="checkbox"/>	Shower shoes
<input type="checkbox"/>	Hat and/or bandana/long neckerchief, jacket, and rain (or snow) gear
<input type="checkbox"/>	Towel (highly absorbant, travel towels if possible) and washcloth
<input type="checkbox"/>	Gloves (leather gloves if doing physical labor; rubber gloves if handling contaminants)
	Activities of Daily Living
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Waterproof watch
<input type="checkbox"/>	Flashlight and spare batteries
<input type="checkbox"/>	Security/money belt
<input type="checkbox"/>	Cash or Traveler's Checks (Power is needed to make credit card payments.)
<input type="checkbox"/>	Cell phone (with charger) and list of phone numbers/addresses
<input type="checkbox"/>	Ziplock bags

<input type="checkbox"/>	Three Meals Ready to Eat (MREs) or other nonperishable meals (ask if needed)
<input type="checkbox"/>	Portable water purifier (ask if needed)
<input type="checkbox"/>	Small sewing kit
<input type="checkbox"/>	Sleeping bag and pad if you have room (ask if needed)
<input type="checkbox"/>	Item(s) of comfort (e.g., family photo, spiritual material)
<input type="checkbox"/>	Travel alarm clock
<input type="checkbox"/>	Travel pillow
<input type="checkbox"/>	Large plastic garbage bags (for protecting items from rain and moisture)