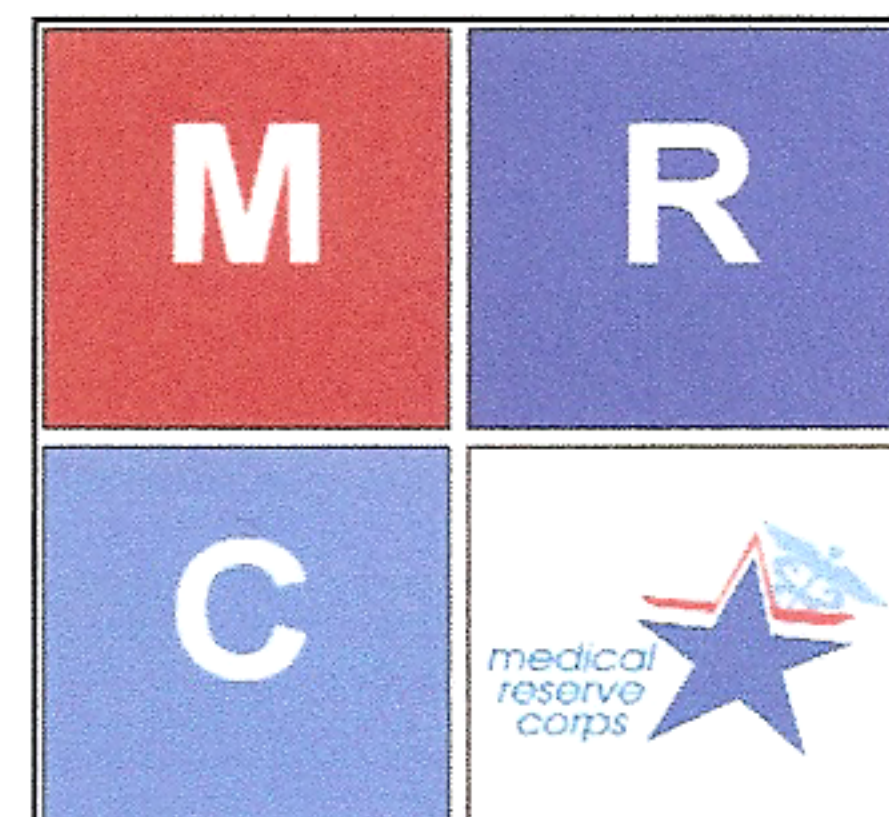


Personal Packing List for MRC Deployment

Please take Personal Medication in your carry-on bag (backpack):

Please take twice the medication you think you will need.



Clothing – Adjust based on length of expected deployment

- 2 pair long pants
- One spare pair of closed toed shoes
- Waterproof boots (if deployed to flood area)
- Raingear (if deployed to flood area)
- 4 shirts (sleeve length depending on weather)
- Scrubs (if appropriate to your role can substitute for other pants/shirts)
- Underwear (women: sports bras are great for sleeping in!)
- Socks
- Outerwear (gloves, hats, jackets, scarves) if appropriate for the weather

Do not expect to have laundry facilities available!

Personal Items

- Glasses/Sunglasses/Contact Lens supplies
- Deodorant
- Shampoo/Dry Shampoo
- Soap
- Toothbrush/Toothpaste
- Razor
- Lip balm
- Lotion
- Pain Relievers
- Lubricant Eye Drops
- Nail file/clippers
- Feminine Hygiene Supplies
- Towel/Washcloth

Comfort Items

- Pillow
- Blanket or Sleeping Bag
- Inflatable Camping Mattress
- Earplugs
- Snacks
- Book/Downtime Device

EXPECT THAT YOU MAY NOT BE ABLE TO PURCHASE ANYTHING FOR A WHILE, AND PACK ACCORDINGLY!