

MRC BACKPACK

Packing List

Distributed with the MRC Backpack

- Emergency Reflective Vest
- Flashlight
- First Aid Kit
- Hand Sanitizer
- Heavy Work Gloves
- Multipurpose Tool (Remove from Backpack before boarding a flight)
- Light Sticks
- Duct Tape
- Goggles
- It's A Disaster Manual
- Personal Comfort Kit with:

*Deodorant *Toothbrush *Toothpaste *Comb *EZ Towel *Shave Cream *Razor *Soap *Shampoo

Personal Items to Add (optional/recommended)

- Empty Water Bottle
- TP/Tissues
- Cell Phone/charger/powerbank
- Cash
- Copy of Professional License
- Identification
- Granola Bars/Snacks
- Sunscreen
- Insect Repellent
- Personal Medication

Medical Supplies to Add (optional, depending on role)

- Stethoscope
- BP Cuff/Device
- Disposable Gloves
- Instant Cold Pack
- Masks
- Cover Gowns
- Alcohol Prep Pads
- Resuscitation Mask
- Pulse Oximeter
- Glucose Monitor and Strips

