# What to Take Checklist

*Use this list as a guide – not every item will be needed on every deployment.*

Devotional Materials:

____ Bible ____ Devotional book ____ Witnessing tracts

Identification & Paperwork:

____ Disaster Relief ID & lanyard or clip

____ Driver's license

____ SCDR1: Personal Information Form
*(to be completed and given to Unit Leader)*

____ Vehicle registration, insurance card
*(if driving personal vehicle)*

____ Health Insurance card

Clothing (4–7-day supply):

____ Disaster Relief caps/shirts/jackets

____ Socks (2 pairs per day)_

____ Jeans and/or work pants

____ Bandannas and/or handkerchiefs

____ Shirts (for both warm & cool weather)

____ Coats and/or jackets

____ Undergarments

____ Raincoat and/or poncho

____ Sneakers and/or work shoes (2 pairs)

____ Waterproof footwear

____ Suitcase/duffel bag *(Couples pack separately)*

___ Work gloves

____ Sleepwear *(NOTE: Because of group living arrangements, select sleepwear for modesty and comfort.)*

**Supplies and Equipment:**

____ Phone charger

____ Laundry bag

____ Extension cord or small power strip

____ Flashlight; extra batteries

____ Towels and washcloths

____ Ear plugs

____ Sheets, blankets, pillow

____ Canteen or refillable water bottle

____ Air mattress (***twin-size only***; *couples pack separately)* or cot

Other Items:

____ Cash ($50 - $200)

____ Notebook and pens or pencils

____ Disaster Relief Manual

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**Health, Safety, & Hygiene:**

____ Prescription medicine *(7–14-day supply, at least 3 days more than deployment –include a written list of all your prescription medications)*

____ Non-prescription medicines *(units do not carry ingestible medications)*

____ Bath soap (bar or liquid)

____ Deodorant

____ Toothbrush and toothpaste

____ Mouthwash/dental floss

____ Shampoo

____ Comb/brush

____ Hairspray

____ Razor and shaving cream

____ Hand/body lotion

____ Any additional personal items needed

____ Lip balm

____ Sunscreen (SPF 15+)

____ Insect spray

____ Antibiotic ointment

____ Epi-pen *(if allergic to bee stings, etc.)*

____ Antacids, laxatives, diarrhea meds

____ Anti-fungal ointment/spray

____ Feminine products

____ Hand sanitizer

**Food:**

____ Special dietary needs

____ Snacks

____ "Must-have" beverages *(e.g., If you've GOT to have a Diet Pepsi every morning, take a supply with you.)*

**WHAT NOT TO TAKE:**

- Valuable personal property *(jewelry, electronics, etc.)*
- Children
- Pets
- RVs *(must be pre-approved)*