

SAMPLE VOLUNTEER PACKING LIST

This Packing List is a general example of things volunteers may need for a deployment. Items may be added or deleted based on the specific requirements of the mission.



ONE DAY DEPLOYMENT

Identification/Credentials

- Photo ID
- ID Badge
- Credentialing information (license, registration)

Food

- Snacks (Granola bar, nuts)
- Water

Clothing

- Appropriate work clothing -
- Comfortable closed toe shoes (e.g. tennis shoes, hiking boots)
- Sweater/sweatshirt
- Jacket (depending on the season)
- Hat

Equipment

- Equipment for job if needed: e.g. Stethoscope/ Blood pressure cuff
- Watch
- Pen
- Flashlight
- Cell Phone

Misc

- Personal medications
- Small amount of cash
- Hand sanitizer
- Sunscreen

Please note: You will need to carry your own gear. Do not bring valuables.



EXTENDED DEPLOYMENT

This Packing List is a general example of things volunteers may need for a deployment. Items may be added or deleted based on the specific requirements of the mission.

Identification/Credentials

- Photo ID
- Credentialing information (license, registration)

Clothing

- Clinic appropriate clothing (nice shirts/slacks or scrubs)
- Shorts (with pockets if possible)
- T-shirts / Underwear/socks
- Long pants
- Sweatshirt/Sweater
- Light rain jacket/gear
- Functional shoes (comfortable/protective) e.g. tennis shoes, hiking boots
- Hat w/ a brim
- Pajamas
- Shower flip flops

Hygiene items

- Shampoo/Soap
- Toothpaste
- Hand sanitizer
- Contact lens solution/case
- Laundry powder

Equipment

- Exam kit (stethoscope, thermometer, tongue blades, otoscope, BP cuff, gloves)
- Watch
- Travel alarm
- Penlight
- Quality Ear Plugs/Eye Covers
- Towel/washcloth
- Fanny Pack/Small backpack

Sleeping gear

- Sleeping bag/blankets/bed linens/pillow
- Air Mattress

Food/Water

- Snacks such as power bars, granola bars, trail mix
- Water bottle

Miscellaneous

- Cell phone and charger
- Leatherman or other multi-purpose tool
- Insect repellent
- Sunglasses in cases
- Eyeglasses
- Cash for food and incidentals and one ATM/credit card
- Small flashlight or headlight with extra batteries if needed
- Personal medications (prescriptions, ibuprofen, vitamins, etc.)
- Work gloves

Optional

- Reading material/playing cards
- Envelopes/stamps
- Sunscreen
- Foot powder or spray
- Small ziploc bags
- Pens/paper
- Personal journal

Please note: You will need to carry your own gear. Do not bring valuables.