

# MRC Volunteer 72-Hour Deployment Bag Checklist



## General Items

- Driver's license**
- Passport**
- Credit card**
- MRC Badge
- Money (\$20s and smaller)
- Copies of professional license and trainings as needed
- Immunization card
- Emergency Info Form
- Water bottle or coffee mug
- Oatmeal
- Food/snacks/MREs
- 2 liters water
- Flashlight / light sticks
- 1+ set of batteries
- Prepaid phone card
- Sunglasses, eyeglasses, contacts
- 1 change of clothes
- Sweater or jacket
- Hat with wide-brim (ex. baseball, or boonie hat)
- Sleepwear, as needed
- Kleenex
- Toilet paper
- Pins/patches/coins to trade
- Personal meds (30 day supply)
- Bug repellent (min 75% DEET)
- Sunscreen
- Lip balm
- Personal first aid kit
- Eye protection
- Ear protection
- CPR mask & gloves
- Leather work gloves
- Stethoscope
- Compass
- Paper/pens/pencils
- Books, cards, games (think small)



## Toiletries

- Toothbrush, toothpaste, dental floss
- Soap bar and container
- Shampoo/conditioner
- Wash cloth and bath towel
- Brush/comb/mirror
- Shaving supplies
- Lotion
- Unscented deodorant
- Foot powder
- Make-up (think minimal)
- Feminine hygiene items



## Technology

- Laptop/tablet
- Solar charger**
- Electric charger & cables
- Phone apps: Voxel, EchoLink, maps.me, WhatsApp



# MRC Volunteer 14-Day Deployment Bag Checklist



## General Items

In addition to the items listed in the 72-Hour list, longer deployments require the following:

- |  |   |
|--|---|
| <input type="checkbox"/> 2 sets BDUs or similar type uniform/clothes appropriate for the mission | <input type="checkbox"/> Books                        |
| <input type="checkbox"/> 2-3 Team T-shirts (minimum)   | <input type="checkbox"/> Knife                        |
| <input type="checkbox"/> Belt  | <input type="checkbox"/> Laundry bag and soap         |
| <input type="checkbox"/> Sleepwear   | <input type="checkbox"/> Alarm clock                  |
| <input type="checkbox"/> Work boots  | <input type="checkbox"/> Sewing repair kit            |
| <input type="checkbox"/> Tennis shoes (for off time)   | <input type="checkbox"/> Matches                      |
| <input type="checkbox"/> Flip flops  | <input type="checkbox"/> Handkerchiefs/Kleenex        |
| <input type="checkbox"/> Underwear (5 pair min)  | <input type="checkbox"/> Head lamp/batteries          |
| <input type="checkbox"/> Socks (5 pair min)  | <input type="checkbox"/> AM/FM radio & batteries      |
| <input type="checkbox"/> Rain gear/poncho  | <input type="checkbox"/> Duct tape                    |
| <input type="checkbox"/> Casual clothing   | <input type="checkbox"/> Safety pins                  |
| <input type="checkbox"/> Spare glasses   | <input type="checkbox"/> Rubber bands                 |
| <input type="checkbox"/> Sleeping bag  | <input type="checkbox"/> Zip loc bags                 |
| <input type="checkbox"/> Sleeping bag liner/sheet  | <input type="checkbox"/> Large garbage bags           |
| <input type="checkbox"/> Pillow (compact)  | <input type="checkbox"/> Water purification system    |
|  | <input type="checkbox"/> 50 feet rope line (paracord) |



## Other

- Bag identification – remember to ID your bags with your Name and Team. Write this info on the bag or with nametapes rather than luggage tags
- Ensure bags weight less than 50 lbs.
- Gear and bags should be able to withstand water

