

MRC Volunteer 72-Hour Deployment Bag Checklist



General Items

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



Toiletries

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



Technology

- ☐ Laptop/tablet
- ☐ **Solar charger**
- ☐ Electric charger & cables
- ☐ Phone apps: Voxer, 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:

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|--|---|
| <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

