



New Mexico

Medical Reserve Corps Serves

Packing List for Deployment

Packing List for Deployment

Following this list helps ensure that all deployed volunteers are self-sufficient and able to take care of their needs. The basic rule is 2-3-4. This means that each volunteer should deploy with 2 bags, 3 days of food and 4 quarts of water. The list includes not only minimally required items, but others to help one travel and live more comfortably during the span of assignment.

The two bags should be packed so that one is checked and one is a carryon. Never count on the checked bag arriving with you. Keep everything you will need in your carry on including meds, change of clothes, identification, flight and deployment information, and communication devices. Clothing should be chosen according to the weather and temperature, as well as for protection from the work environment.

Please ensure that your luggage remains within the required weights. As of July 1, 2008, most commercial airlines are not accepting checked luggage over 50 lbs. Each airline company has specific rules about carryon luggage. Please check with the airline company you are travelling with for their specific luggage requirements prior to travelling.

Main Flight Bag (Checked Luggage)

- Clothes (Regular)
 - Long pants (2 pair)
 - Shorts
 - Long sleeved shirts (2)
 - Short sleeved shirts (3-5)
 - Work boots (steel toe)
 - Sneakers/casual shoes (comfortable)
 - Large bandanna
 - Underwear (3)
 - Socks (3)
- Clothes (Cold Weather)
 - Trousers (wool)
 - Shirt (wool)
 - Polar-guard/down parka
 - Cap, balaclava, scarf
 - Mittens/gloves
 - Appropriate footwear
- Personal Gear
 - Razor blades
 - Shaving cream
 - Toilet paper
 - Deodorant
 - Shampoo
 - Hand lotion
 - Insect repellent

- Foot care (alcohol, powder, moleskin)
- Medications (Aspirin, prescription, decongestants, antacids, etc.)
- Handi-wipes
- Bar soap with container
- Toothbrush/paste
- Personal hygiene items
- Comb/brush
- Lip balm
- Sunscreen
- Small bottle detergent
- Flip-flops
- Bathing suit (just in case)
- Towel
- Cooking equipment and food (If required)
- Mess kit (plate, cup, and bowl)
- 48 hours of rations
- Water purification tablets
- 1 qt. canteens (3)
- Sleeping Gear
 - Sleeping bag (+15°)
 - Foam pad
 - Ground cloth
 - Sleeping bag liner for cold weather
- Miscellaneous
 - Head lamp (second choice is flash light)
 - Extra bulbs, batteries
 - Waterproof matches/fire starters (no butane)
 - Hard hat
 - Goggles
 - Face mask/dust mask (N95)
 - Tape, safety pins, sewing kit, etc.

Ready Bag (Carry-On Luggage)

- Clothes
 - A full set of clothes (outer and under)
 - Sun hat (baseball cap)
 - Jacket with hood
 - Rain coat and rain pants
 - Leather work gloves
- Food
 - High nutrition snacks
 - 24 hours of rations
 - 1 qt. water
- Other
 - Book/reading material
 - Sunglasses
 - Extra glasses/contacts
 - Money/traveler's checks
 - Necessary meds (including airsickness patches/seabands)
 - Hygiene items (as per airline code)
 - Inflatable pillow
 - Camera/film
 - Personal medical equipment (stethoscope, etc.)
 - Flashlight/batteries
 - ID card/driver's license
 - Professional license
 - Notebook/pen/pencil
 - Hearing protection
 - Trash bag