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## **Personal Preparedness Expectations**

All personnel should have a deployment pack containing necessary personal clothing, equipment, and supplies readily available for immediate mobilization. This should include appropriate clothing for the environment, personal hygiene items, medications, and protective items such as sunscreen and insect repellent. It should be contained in 1 personal pack. It is advantageous to be able to split the personal gear so that a small amount of personal necessities can remain with the member at all times, while the gear not needed during transport or at the areas of operation can be left at a central location.

Although not required, up-to-date tetanus and hepatitis B vaccination is recommended due to common disaster hazards encountered during disaster response.

## **Personal Pre-Departure Checklist**

Before departing for deployment, make sure to take care of personal business and family matters before reporting:

- Arrange caretakers for children/other dependents
- Stop the mail/newspaper
- Board pets
- Cancel meetings and appointments (work, school, church, etc.)
- Ensure access to home voice mail
- Forward office phone and/or email
- Notify family
- Provide emergency contact info to work and family
- Get current prescriptions
- Copy current immunization record
- Gather current identification/credentials
- Inventory supplies prior to deployment
- Secure your home

## Recommended Packing List

The following list suggests minimum requirements to provide the self-sufficiency necessary during mission operations. This list may be modified by Team management based on deployment location and weather conditions. Team members should adjust this minimum inventory for the specific requirements of the mission.

- BADGE with Lanyard
- Back Pack
- Small First Aid Kit
- Incident management & public health emergency references
- Drivers License
- Hat
- Sunglasses
- Laundry Bag
- Appropriate clothing
- Cell Phone & Charger
- Clock (Manual Alarm)
- Watch
- Small Flashlight, With Spare Batteries
- Pocket knife
- Rain Gear
- Prescription Medications
- Toiletries/personal hygiene:
  - Tooth Brush, Tooth Paste, Travel Shampoo, Soap, Wash Cloth, Towel
  - Aspirin, Roloids, Tylenol, Etc.
  - Razor & Shaving Cream, Deodorant, Sunscreen, Baby Wipes, Detergent, 2 Rolls Toilet Paper, Q-Tips, Insect Repellant, Hand Sanitizer, Foot and Baby Powder
  - Several large plastic zipper bags to put all of this stuff in to keep dry
- Copy of immunization record
- Health alert bracelet/chain or laminated card with allergies, medications
- Spare Glasses/ Contact supplies
- Ear plugs
- Surgical Gloves/Heavy work gloves