

## PACKING CHECKLIST

What items do you need to include for your health, comfort and safety?

ITEMS	PACKED
<b>CLOTHING</b>	
Jeans, scrubs, cargo pants or long tactical pants	_____
EARS t-shirt or plain red t-shirt	_____
Red sweatshirt	_____
Work boots	_____
EARS ID badge	_____
Comfortable shoes	_____
Bandanas	_____
Coat, jacket	_____
Socks (preferable not cotton)	_____
Flip flops	_____
<b>ACCESSORIES</b>	
Belt or fanny pack	_____
Leatherman's tool or Swiss army knife	_____
Small flashlight for belt	_____
Brimmed hat	_____
Sunglasses, case and lanyard	_____
Waterproof watch	_____
Work gloves	_____
Pocket-size notebook and pen	_____
Earplugs	_____
Knee pads	_____
<b>PERSONAL CARE ITEMS</b>	
Shampoo and conditioner	_____
Hairbrush and comb	_____
Elastic bands for long hair	_____
Deodorant	_____
Toothbrush and toothpaste	_____
Eye drops	_____
Lip balm	_____
Hand lotion	_____
Sunscreen	_____
Hygiene products	_____
Small first aid kit	_____
Medications	_____
Vitamins	_____
Bath towels	_____

ITEMS	PACKED
<b>PERSONAL CARE ITEMS CONTINUED</b>	
Wash cloths	_____
Soap	_____
Protein Sources/special foods	_____
Non-perishable healthy snacks	_____
Disposable cleansing cloths and baby wipes	_____
<b>MISCELLANEOUS</b>	
Bungee cords	_____
Duct tape	_____
Tarp	_____
Zip ties	_____
<b>FLOOD AND RAIN GEAR</b>	
Waterproof boots	_____
Rain jacket and pants	_____
<b>SLEEPING GEAR</b>	
Sleeping bag	_____
Pillow	_____
Pillow case	_____
Air mattress	_____
Tent	_____
Cot	_____
<b>ELECTRIC EQUIPMENT</b> (be aware there is often no security)	
Camera and Batteries	_____
Cell phone and charger	_____
Travel alarm clock	_____
GPS	_____