

Personal Packing List

Christopher Born, MD

You should gear yourself to be self-sufficient. This represents only a suggested inventory.

All equipment must be TSA/military aircraft compliant. No butane lighters, camp stove fuel, insect foggers, contents under pressure, weapons or knives >4 inches. Your multitool will be confiscated if it is packed in your airplane carry-on bag. Any items in question should be placed in checked baggage or left at home.

Many useful, travel items can be purchased at camping stores. You need to be prepared and have items you will take with you cached in advance because deployment is always on short notice. There may be no time to shop or go to ATMs. It is suggested that you store your cache in a way that can be pulled out on short notice. A large storage tub is useful for this purpose. Items can then be checked and packed, chosen for weather conditions, etc.

The packing list should be kept with this cache and used as a checklist so as not to forget the obvious...like your cell phone charger or your passport. Check/update the cache every 6 months and renew spare batteries.

Use common sense and leave your noise canceling headphones, hair dryers and gel/conditioner, laptops, electronic notebooks, and other non-essentials (that just add bulk and weight) at home. Kindle®-like devices and iPads® may be exceptions, but they are prone to theft and require additional chargers, etc. A good paperback book and a smartphone with international capability/SIM card may be a better choice. ***Leave all jewelry/watches/earrings, etc. at home... including wedding rings and bands.*** Buy an inexpensive electronic watch with a luminous dial and keep with your cache.

Prior to departure, check weather conditions in deployment area to guide your packing.

Alcohol and any non-prescription/non-OTC pharmaceuticals are prohibited in any form at any time on a deployment.

Make color copies of all credit cards and personal documents to leave at home and bring copies with you.

If you live alone, arrange for pet and plant care, newspaper/mail delivery, yard care, snow removal, bill payments, unplug appliances, etc. Notify local police/trusted neighbor if appropriate. Unplug appliances and turn off lights.

Immunizations/TB testing and influenza shots should be kept up to date and recorded on your yellow immunization card

The three essential travel items are:

ID/MONEY CARRIER for cash, credit cards and ID/Passport/Immunization card. Leave your regular wallet home. A neck pouch on a lanyard is best...*it never leaves your body!!*

The **“GO” BAG** is carried with you at all times. It is designed to be your carry-on for air transport, is your safety net if your main bag is lost or stolen, and functions as your “bug-out”, grab n’ go satchel in the event of an emergency evacuation. It should be soft/nylon and waterproof. Clearly label it. The final weight should be around 20lbs/9kg.

The **MAIN BAG** should be waterproof/nylon/soft shell. Consider a duffle bag/soft-sided suitcase with rollers...there is no valet service on a deployment. Clearly label it. Maximum final bag weight should be <50lbs/22kg to comply with air transport checked baggage regulations.

ID/MONEY CARRIER

- Cash in small, medium and large bills so as not to have a lot of bulk. (Consider also a money belt with some additional, large bill/emergency money)
- 2 credit cards of different financial streams (notify card companies that you will be in a different geographic area or overseas)
- Drivers license
- Passport with emergency contact information (don't forget to check expiration in advance)
- Yellow Immunization card with personal medical information
- Hospital ID (Optional)

“GO” BAG

Carry-on bag...you have to comply with TSA regulations for size and for content.

- ***Personal medications!!!!!!***
 - These would include prescriptions and OTC meds that you may routinely use like NSAIDS, antibiotic ointments, omeprazole, compazine, scopolamine patches, migraine rx, etc.
- Toothbrush
- Toothpaste ,hand sanitizer, contact lens cleaner (in TSA appropriate zip lock bag)
- Cell phone/charger (international capability)
- Extra pair prescription glasses/contact lenses
- Sun glasses
- Safety goggles (for OR and use when clearing debris)
- Reading material
- Personal journal/log and pens/pencils
- Sharpies (black and red)
- Bottled Water x2 (obtain after TSA check in)
- Power bars
- Trail mix, snacks, gum
- Space blanket
- Headlight/extra batteries (for OR and hands-free camp use)
- Safety goggles
- Ear protection/plugs
- Leather work gloves
- 3xN95 filter masks
- Whistle
- Nylon rope 30ft
- Carabineer(s)
- Baseball hat or floppy hat/balaclava (weather dependant)
- Fleece
- Quick-dry underwear x2
- Wool hiking sox x2pr

- Bandanas x2 (pre-washed)
- Lip balm
- Extra toilet paper (zip locked - institutional rolls with no central core are a space saver)
- Trash bag 30gal
- Camera/charger
- Trauma shears (these are acceptable for TSA carry-on)
- Multi-tool (in checked baggage bag...transfer to go-bag after arrival)
- Rain poncho or waterproof outer shell (in checked baggage...transfer to go-bag after arrival)
- Waterproof matches (in checked baggage...keep with go-bag after arrival)
- Sun screen (in checked baggage...transfer to go-bag after arrival)
- Insect repellent (with DEET) (in checked baggage...transfer to go-bag after arrival)

MAIN BAG

Check local weather conditions

Consider compartmentalizing some items in zip lock bags to waterproof and organize.

Wear your boots...already broken-in, waterproof and comfortable. Do not deploy with new boots!

- Several pair camping quick-dry underwear
- Several pair quick-dry T-shirts (short and/or long sleeve)
- Several pair wool hiking socks
- Nylon BDU-type pants (with zipper-to-shorts conversion option for warm weather)
- Baseball hat or floppy hat/balaclava (weather dependant)
- Belt (consider money-belt)
- Fleece vest
- Hiking, open/water-friendly footwear
- Swimsuit (Flip flops) for showers
- Scrubs 2-3 pair (for sleep and work), scrub caps
- Microfiber towel and wash cloth
- Toilet paper (zip locked)
- Roll duct tape
- Glo-sticks x2
- Water purifier or tablets
- Camp laundry soap
- Camp shower soap/container
- Mesh laundry bag
- Extra zip lock bags
- Extra trash bags 30gal x3
- Sleeping bag appropriate for weather
- Therma-pad
- Poncho/Waterproof outer shell
- Ground cloth
- Multi-tool
- Waterproof matches
- Sun screen
- Insect repellent

- Electrolyte powder packets
- Bottled water
- Extra power bars, snacks
- Extra batteries
- Camelback-type hydration system or high impact water bottle
- Stethoscope
- Rubber tourniquets
- Exam gloves
- Small flashlight with belt holder
- Camp plate/hot mug/utensils
- Small clothesline/clips
- Weather dependent items to consider
 - Layers/synthetic wool
 - Gaiters/Ski pants
 - Wool gloves/mitts/liners
 - Long sleeve ski shirts
 - Ski tights
 - Mosquito netting
- Travel current converter
- Professional calling cards