DEPLOYMENT
Packing List

CLOTHING	
Swimsuit for hotel days or group shower	
Time-off clothes x 1-2 days (e.g., jeans, shorts, t-shirts, socks, shoes)	
PT Gear x 2 sets, shoes	

SLEEPING	
Eye mask for day sleeping	
Earplugs	
Sleeping pad	
Sleeping bag (unless you know that bedding will be provided)	
Sleeping clothes	
Packable pillow	

CARRY WITH YOU	
Military ID (CAC), driver's license, dog tags, passport	
Challenge coin	
Federal travel credit card and/or personal credit card	
Uniform components (1 set) + undergarments for 3 days	
Cell phone and charger, car charger	
Copy of professional license, certifications and BLS card	
Team roster	
Itinerary and flight information, e-ticket	
30 days of prescription medications	
1 qt Ziploc with travel size essential toiletries/shave kit	

FOOD, WATER, MEDICAL	
Pocket snacks (e.g., energy gels, trail mix, hard candy, protein bars, nuts)	
Insect repellent	
Black canteen/Camelbak - EMPTY - fill after clearing airport security	
Prescription medicine (30 day supply)	
Pain relievers (e.g., aspirin, Tylenol)	
Laxative/Stool softener	
Antihistamines	
Antidiarrheal	
Prescription eyeglasses, extra contact lenses	

UNIFORM	
PHS Ballcap	
Web belt/buckle	
Dog Tags	
Small boot polish kit	
ODU Trousers x2	
Watch (black)	
PHS Uniform T-shirts	
Boot Socks	

INTERNATIONAL	
Passport - personal or government (leave photocopies with Emergency Contact	
Electric current adapter	
Culturally appropriate clothing	
Copy of immunization record	