

DEPLOYMENT PACKING LIST

PACKING/BAGS/GENERAL ADVICE

Pack as light as possible taking into consideration all listed items. You should be able to carry all your bags by yourself. Consider:

- Carry-on/personal size backpack.
- Check larger bag(s)
 - Convertible rolling backpacks that can be rolled or carried on shoulders work well
- Know airline or military conveyance regulations
- Use garbage bags as liners to pack items to protect if luggage gets left out in wet weather.
- Luggage tags, TSA approved luggage locks
- Clothing of wicking, quick-dry material that can be layered (not cotton, not bulky)

CARRY WITH YOU	
Military ID (CAC), driver's license, dog tags, passport	<input type="checkbox"/>
Federal travel credit card and/or personal credit card	<input type="checkbox"/>
Cash (with some small bills)	<input type="checkbox"/>
Travel orders	<input type="checkbox"/>
Itinerary and flight information, e-ticket	<input type="checkbox"/>
Team roster	<input type="checkbox"/>
Copy of professional license, certifications and BLS card	<input type="checkbox"/>
Cell phone and charger, car charger	<input type="checkbox"/>
Uniform components (1 set) + undergarments for 3 days	<input type="checkbox"/>
1 qt Ziploc with travel size essential toiletries/shave kit	<input type="checkbox"/>
30 days of prescription medications	<input type="checkbox"/>
Small roll of toilet paper	<input type="checkbox"/>
Challenge coin	<input type="checkbox"/>

CLOTHING	
PT Gear x 2 sets, shoes	<input type="checkbox"/>
Swimsuit for hotel days or group shower	<input type="checkbox"/>
Time-off clothes x 1-2 days (e.g., jeans, shorts, t-shirts, socks, shoes)	<input type="checkbox"/>

COLD WEATHER GEAR	
Parka with Rank	<input type="checkbox"/>
ODU Liner/Utility Jacket	<input type="checkbox"/>
ODU Fleece	<input type="checkbox"/>
Long undergarments	<input type="checkbox"/>
Gloves	<input type="checkbox"/>
Watch Cap	<input type="checkbox"/>

HOT, HUMID WEATHER	
Mosquito netting	<input type="checkbox"/>
Foot powder	<input type="checkbox"/>
Extra socks	<input type="checkbox"/>

UNIFORM	
ODU Blouse x2	<input type="checkbox"/>
ODU Trousers x2	<input type="checkbox"/>
PHS Ballcap	<input type="checkbox"/>
Boot Socks	<input type="checkbox"/>
Blousing Straps	<input type="checkbox"/>
PHS Uniform T-shirts	<input type="checkbox"/>
Web belt/buckle	<input type="checkbox"/>
Undergarments	<input type="checkbox"/>
Dog Tags	<input type="checkbox"/>
Small boot polish kit	<input type="checkbox"/>
Watch (black)	<input type="checkbox"/>

SLEEPING	
Sleeping bag (unless you know that bedding will be provided)	<input type="checkbox"/>
Sleeping clothes	<input type="checkbox"/>
Packable pillow	<input type="checkbox"/>
Sleeping pad	<input type="checkbox"/>
Earplugs	<input type="checkbox"/>
Eye mask for day sleeping	<input type="checkbox"/>

FOOD, WATER, MEDICAL	
Pocket snacks (e.g., energy gels, trail mix, hard candy, protein bars, nuts)	<input type="checkbox"/>
Black canteen/Camelbak – EMPTY – fill after clearing airport security	<input type="checkbox"/>
Bottled water (1 day supply)	<input type="checkbox"/>
Pain relievers (e.g., aspirin, Tylenol)	<input type="checkbox"/>
Prescription medicine (30 day supply)	<input type="checkbox"/>
Prescription eyeglasses, extra contact lenses	<input type="checkbox"/>
Antidiarrheal	<input type="checkbox"/>
Laxative/Stool softener	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>
Antihistamines	<input type="checkbox"/>
Sun block/sunscreen (30+ SPF)	<input type="checkbox"/>
Insect repellent/25-25 DEET	<input type="checkbox"/>

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INTERNATIONAL	
Passport – personal or government (leave photocopies with Emergency Contact)	<input type="checkbox"/>
Electric current adapter	<input type="checkbox"/>
Culturally appropriate clothing	<input type="checkbox"/>
Copy of immunization record	<input type="checkbox"/>

DAMAGED INFRASTRUCTURE (ATMS, credit card readers, potable water may be affected)	
Water purification tablets, UV pen or backpacking water filter	<input type="checkbox"/>
Screw top bottle to receive purified water	<input type="checkbox"/>
Extra cash	<input type="checkbox"/>

NICE TO HAVE	
Thermos or leak proof travel mug	<input type="checkbox"/>
Small multi-outlet cord	<input type="checkbox"/>
Command Strip hooks/hangers	<input type="checkbox"/>
Sewing kit	<input type="checkbox"/>
Para cord	<input type="checkbox"/>
Powdered drink mix	<input type="checkbox"/>
One comfort item, e.g., family photo	<input type="checkbox"/>
Reading material/e-reader/tablet	<input type="checkbox"/>
Chewing gum	<input type="checkbox"/>
A few Ziploc bags, assorted sizes	<input type="checkbox"/>
Moleskin/Leukotape	<input type="checkbox"/>
Duct tape	<input type="checkbox"/>
Stamps (Forever), postcards or paper and envelopes	<input type="checkbox"/>
Collapsible electric kettle	<input type="checkbox"/>

⊘ PROHIBITED/LEAVE AT HOME
Alcoholic beverages, illegal drugs
Glass bottles
Electric appliances/coffee makers
Dressy items, e.g., clothes and jewelry
Firearms, flare guns, machetes, IEDs, “Sterno” heaters, pressurized containers
Anything that may melt and make a mess (chocolate, gummies)
Anything you don’t want broken/lost/stolen/thrown around/taken away
Anything you can’t carry for a mile