

## What to Take Checklist

This is not an all-inclusive list, and everything is not required

- Disaster Relief Badge
- Medical Form – give to your Blue Hat (fill this out before leaving home & make copies)
- Indemnity Form – give to your Blue Hat (fill this out before leaving home & make copies)

### **Clothing (4–7-day supply)**

- Disaster relief caps, shirts, and jackets
- Coats and/or jackets (warm and cool)
- Jeans or work pants
- Shirts (warm and cool weather) (LS & SS)
  
- Underwear
- Socks (Bring extra pairs)
- Sleepwear
- Comfortable sneakers
  
- Rain Jacket/Poncho/Suit
  
- Laundry bag

### **Sleeping**

- Sleeping bag / Cot/Twin-sized air mattress (don't forget your air pump) / foam mattress
- Bedding (sheets, blanket, pillow, etc.)
- Clock / watch
- Charging cords for phone/watch, etc.
- Power strip
- Fan
- Flashlight or lantern

### **Safety/Work Supplies**

- Utility Knife
- Work Boots
- Safety Glasses
- Waterproof Footwear (Muck Boots) if applicable
- Work Gloves

### **Shower / Personal Hygiene**

- Towels & washcloth
- Slippers/flip flops or sandals/water shoes (for walking to the shower)
- Soap  Shampoo  Toothbrush/toothpaste  Shaving Cream /razor  Comb / brush
- Mouthwash / dental floss  Feminine needs  Skin Lotion  Hairspray
- Laundry soap, if a specific kind is required

Additional Personal Items / Suggestions: Band-Aids, Chapstick, sunblock, insect spray

## **Health / Safety**

Note: Some items, such as chainsaw or flood recovery, may only be needed for specific ministry work.

- Prescription medication (make a list of all your medications)
- New prescription orders (if your physician approves and will write new prescriptions). Note: access to a local drugstore may be limited
- CPAP machine or other medical devices needed
- Extra socks
- Non-prescription medications: Tylenol, ibuprofen, allergy meds, antacids, laxatives, anti-diarrhea, foot powder, antifungal ointment/spray, A&D ointment, etc.

## **Insurance Information & Necessary forms**

- Automobile insurance & registration (if you bring your vehicle)
- Driver's License
- Phone numbers (family physician, employer, church, emergency contact)

## **Miscellaneous Items**

- Money (\$50-\$200): You will be responsible for expenses such as meals and fuel while traveling to the DR housing location and back home. If electricity is out, you may be unable to use a card.
- Water bottle or canteen
- Snacks
- Any special diet food/drink that you need
- Any special personal items you need for your health, safety, or comfort
- Southern Baptist DR manual or MODR Disaster Relief Manual

## **Spiritual Preparation**

- Spiritual Preparation for Disaster Relief (Start Praying!)
- Witnessing tracts