

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. All bags must be black or navy blue except for the olive drab GI duffel bag. No ornamentation on bags except for PHS logo or small, unobtrusive manufacturer's logos. 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	
Federal travel credit card and/or personal credit card	
Cash (with some small bills)	
Travel orders	
Itinerary and flight information, e-ticket	
Team roster	
Copy of professional license, certifications and BLS card	
Cell phone and charger, car charger	
Uniform components (1 set) + undergarments for 3 days	
1 qt Ziploc with travel size essential toiletries/shave kit	
30 days of prescription medications	
Small roll of toilet paper	
Challenge coin	

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

COLD WEATHER GEAR	
Parka with Rank	
ODU Liner/Utility Jacket	
ODU Fleece	
Long undergarments	
Gloves	
Watch Cap	

HOT, HUMID WEATHER	
Mosquito netting	
Foot powder	
Extra socks	

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

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

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

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

DAMAGED INFRASTRUCTURE (ATMS, credit card readers, potable water may be affected)	
Water purification tablets, UV pen or backpacking water filter	
Screw top bottle to receive purified water	
Extra cash	

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

⊘ 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