



PHN Shelter Deployment Packing Checklist

Food and Medicine

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| At least 5 gallons of water per person (which should be enough to last 3 to 5 days) |
| A 3 to 5-day supply of food that does not go bad (canned food, MRE, etc...) |
| Personal prescription and OTC medicines |
| Hand sanitizer |
| First aid kit and instructions |
| Any personal clinical related items that you feel like you might need |
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Personal Care Products

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| Changes of clothes to cover time deployed (3 – 5 days) |
| Cash (small denominations - change may be scarce) |
| Comfortable shoes |
| Toothpaste |
| Toothbrush |
| Hair band (if applicable) |
| Feminine Hygiene Products (if applicable) |
| Lip moisturizer |
| Soap |
| Hand sanitizer |
| Wet cleaning cloths (like baby wipes) in case you do not have access to clean water |
| Eyeglasses or contacts (if applicable) |
| Sleeping bag / pillow / extra blanket(s) |
| Cell phone and charger |
| List of important phone numbers |
| Rain gear/boots |
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Safety Items	
	Battery-powered radio
	Flashlights
	Extra batteries
	Flares
	Maps
	Jumper Cables
	CPR face masks (pediatric and adults) with extra filters, if available
	Mask & gloves, if available
	Reflective vest/belt if applicable
Misc. Items	
	Stethoscope
	Blood pressure cuff (if available)
	Paper & pens/sharpie marker
	Spray disinfectant
	Extra-large garbage bags/plastic sheeting and duct tape (for creating a barrier)
	Coloring books/crayons, deck of cards, board games, puzzles, or other stress reducers you do not mind leaving behind when demobilized