PHN Shelter Deployment Packing Checklist

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health
Office of the Chief Public Health Nurse

	Food and Medicine
	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

	Personal Care Products
	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

	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