

MARYLAND RESPONDS

2-3 Day Deployment Packing List

For a deployment of 2-3 days, you should bring these items in addition to anything specific your deployment packet recommends. You should plan to be as self-sufficient as possible, but able to travel lightly. Items marked with an asterisk are optional, but recommended.

Identification

- Maryland Responds MRC ID Badge
- Government Issued Photo ID (driver's license)
- Proof of professional Licensure (if applicable)

Clothing

- Maryland Responds MRC Polo
- Weather/Setting Appropriate Shirts (1-2 additional)
- Weather/Setting Appropriate Pants (2-3 pairs)
- Comfortable, Weather/Setting Appropriate Shoes
- Socks (3-4) pairs
- Undergarments (3-4 pairs)
- Sweater, Hat, Coat, Scarf, Boots, Gloves, etc. (as appropriate)
- Pajamas (1 set)

Equipment

- Watch
- Cell Phone and Charger
- Exam Equipment (stethoscope, etc.)*
- Pens, Tablet*
- Travel Alarm (battery powered)
- Ready Responder Kit

Dormitory/Sleeping

- Sleeping Bag or Sheet and Blanket
- Pillow
- Sleeping Mat or Air Mattress*
- Towel and Washcloth
- Shampoo, Soap, etc.
- Toothbrush and Toothpaste
- Deodorant
- Shower Shoes (ex. Rubber Flip Flops)
- Comb/Brush
- Feminine Hygiene Products (if applicable)
- Flashlight***
- Earplugs***

Other

- Snacks*
- Water Bottle
- Book, MP3 Player, Headphones***
- Personal Medication
- Sunscreen, Bug Spray*
- Hand Sanitizer*

*Optional

***Optional, but highly recommended



Idea: Consider packing some of these items ahead of time into a go-kit so you're always ready to respond at a moment's notice.