

# MARYLAND RESPONDS

## 1-Day Deployment Packing List

For a 1-Day deployment, you should bring these basics in addition to anything specific your deployment packet may list. You should plan to be as self-sufficient as possible, but able to travel lightly. If there is a possibility that you may become snowed in or otherwise unable to leave your deployment location after your shift, you should consider using the 2-3 day packing list so you will be prepared to stay overnight. 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 Pants
- Comfortable, Weather/Setting Appropriate Shoes
- Sweater, Hat, Coat, Scarf, Boots, Gloves, etc. as weather appropriate

### Equipment

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

### Other

- Snacks\*
- Water Bottle
- Food/money (if a meal is not provided)
- Book, MP3 Player, Headphones\*
- Personal Medication
- Sunscreen, Bug Spray\*
- Hand Sanitizer\*



**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.

\* Optional