

MARYLAND RESPONDS



3-7 Day Deployment Packing List

For a deployment of 3-7 days, you should bring these items in addition to anything specific your deployment packet recommends. For longer deployments, you should plan to reuse as many of your supplies as possible. For example, you should not bring 7 different outfits, rather you should plan to bring 2-3 outfits and laundry soap so your clothes can be washed and re-worn to save space. 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 (7-8 pairs)
- Undergarments (7-8 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

*Optional

***Optional, but highly recommended

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*
- Liquid Laundry Soap (1-3 individual use packets)
- Clothesline and Pins



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.