

WHAT DO I PACK? *(Suggested items)*

Devotional Materials

- Bible and devotional
- Hope in Crisis* tracts
- Spiritual Preparation for Disaster Relief*
- Witnessing tracts

Identification

- Disaster Relief ID
- Driver's license
- Vehicle registration
- Phone numbers (*family physician, employer, church, emergency contact*)

Insurance Information

- Health Insurance card
- Automobile insurance card
- Life insurance

Supplies and Equipment

- Flashlight or lantern
- Watch or clock
- Canteen or water bottle
- Bedding (**SINGLE** air or foam mattress, **SINGLE** cot, sheets or sleeping bag)
- Tent (optional, inquire first)
- Earplugs

Food

- Special dietary needs
- Snacks
- Drinking water

Other Items

- Cash or traveler's checks (\$50-\$200)
- Notebook and pencils or pens
- Special personal items you need for health, safety or comfort

Health, Safety and Hygiene

- Prescription medicine
- Non-prescription drugs
 - Allergy kit (*bees, etc.*)
 - Antacids
 - Anti-diarrhea
 - Anti-fungal ointment/spray
 - Aspirin/Pain reliever
 - Blister kit
 - Foot powder
 - Insect spray
 - Laxative
 - Medicated ointment
 - Poison ivy treatment
- Bar soap
- Chapstick
- Comb/brush
- Dental floss
- Deodorant
- Feminine needs
- Hair spray
- Laundry detergent
- Lip balm
- Liquid antibacterial soap
- Mouth wash
- Personal needs
- Razor, disposable
- Shampoo/conditioner
- Shaving cream
- Skin lotion
- Sun block (SPF 15+)
- Toothbrush
- Toothpaste
- Towels/wash cloths

Clothing (4-7 days' supply)

- Disaster Relief hat/visor/T-shirts/jacket
- Bandannas & handkerchiefs
- Coats and/or jackets (*warm and cool weather, waterproof*)
- Jeans or work pants
- Laundry bag
- One-piece bathing suit (*in case there are no showers*)
- Rain suit or poncho
- Shirts (*both for warm and cool weather*)
- Shorts, moderate (*not more than 3" above the knee*)
- Sleepwear (*because of group living arrangements, select sleepwear for modesty and comfort*)
- Sneakers
- Socks, two pairs/day (*white, wool, or wool lend*)
- Suitcase or duffel bag
- Underwear
- Waterproof footwear
- Work gloves
- Work shoes



Adapted from "Involving Southern Baptists in Disaster Relief" published by the North American Mission Board of the Southern Baptist Convention.