

# Deployment Packing List

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## Pre-Deployment Policy

### POLICY ON PRE-DEPARTURE REQUIREMENTS

#### 1.1 For Non-US Travel, Complete the Following Prior to Departure

- Register with the US Embassy in the country deploying to <https://step.state.gov/step/>
- Obtain necessary vaccinations for the country deploying to <http://wwwnc.cdc.gov/travel>
- Obtain visa for country deploying to (either in advance or upon arrival)
- Travelers Insurance (I use UnitedHealthcare SafeTrip) <https://www.uhcsafetrip.com/our-insurance-products/>
- Obtain international calling plans with your cell phone carrier
- Notify banks and credit cards of travel intentions
- Obtain appropriate amounts of personal meds/prophylaxis

#### 1.2 Provide the Following PDF Documents to Your Family

- Trip itinerary and scheduled check in times
- Copy of your valid passport
- Copy of traveler's insurance policy
- Emergency contact information

#### 1.3 If Deploying Outside the US, Items You Must Carry with You

- Passport
- Visa (either done in advance or upon arrival)
- Medical license and diploma if medical
- Travelers insurance policy
- Emergency contact information

### EQUIPMENT AND PACKING

CARRY ON (this list is focused on the carryon concept)

Consider using a backpack style bag that is 42 liters (or 2600 cubic inches) or smaller and a personal item such as a large purse like bag. Items in the following table are listed by "survival" need such as clothing, shelter, water, etc.

Numbers for each item are provided to help fit everything in a carryon. If you bring more, fine. Using the carryon recommendation means you have to do laundry (almost every night) and rotate clothing. This concept is not well suited for slow drying cotton. To support it, I bring the following:

- Laundry bag or collapsible bucket  
I use Scrubba Wash Bag - Portable Laundry System for Camping, Hiking, Backpacking and Travel
- LG laundry detergent sheets  
I use LG Laundry Detergent Sheets (Lucky Fiji Power Sheet)
- Laundry line  
I use Hawatour Portable Travel Elastic Clothesline Adjustable Clothesline with 12pcs Clothespins for Outdoor and Indoor Use (Blue)

## Travel Light Packing List – What You Need to Know

Area of Need	Item (**this is what keeps me on track – bring more of each item if needed**)	Qty
<b>Clothing</b>		
Wicking Layer	Polyester, wool, or silk T-shirts	3
Wicking Layer	Polyester or wool quick dry underwear; long johns top and bottom if in cold weather	3
Insulation Layer	If needed, fleece (polyester) or wool shirt	1
Outer Layer	Pants (lightweight synthetic, quick dry, convertible)	3
Outer Layer	Shirt button down or polo in case wicking layer isn't enough (lightweight/synthetic)	3
Outer Layer	Rain jacket/shell coat (either Gore-Tex or treated nylon); similar pants if needed	1
Socks	Synthetic, wool, or wool blend hiking socks	4
Boots/Shoes	Broken in Hiking shoes or shoes that can handle rough terrain	1
Hat – Warm	Breathable hat that provides sun protection (rimmed or neck drape) <i>I use "Outdoor Research Sun Runner Hat"</i>	1
Hat – Cold	Insulated hat that drops down insulated ear muff option and/or Balaclava	1
Gloves – Cold	Ideally, gloves that allow finger dexterity	1
Flip Flops	Flip flops for around camp ( <u>only if room</u> )	1
Sunglasses	Sunglasses to help eye strain in these types of hot climates	1
<b>Shelter, etc.</b>		
Tent	If needed, a tent or personal shelter (1-2-person, 3 seasons with rain fly) <i>I use "Big Angus Copper Spur UL 1 Tent"</i>	1
Sleeping Pad	If needed, a Sleeping pad (compact, lightweight) <i>I use "Big Angus Insulated Q---Core SL"</i>	1
Sleeping Bag	Sleeping bag (compact, lightweight) per current conditions (or lightweight blanket) <i>I use "Kelty SB35 800 Fill DriDown, Long"</i>	1
<b>Pack/s</b>		
Backpack/pack	Backpack/pack – maximum size is 42 liters or 2,600 cubic inches <i>I will often use "Gregory Z40 Backpack (2,440 cu in)" Carryon</i>	1
<b>Fire</b>		
Heat Source	Fire starter (Ferrocerium rod, matches, etc.) <i>I use "Light My Fire Original Swedish FireSteel"</i>	1
<b>Water</b>		
CamelBak (or similar)	CamelBak hydration system 50 to 100 ounces (1.5-3 Liters) <i>I use "CamelBak Dart" (carried in pack on trail and on back in camp)</i>	1
Drinking Mug	Plastic or metal drinking Mug	1
Purification	Iodine tablets or chlorine tablets (50 count per bottle) <i>I use iodine since chlorine takes 4 hours before ready</i>	2

## Travel Light Packing List – What You Need to Know

<b>Food</b>		
Comfort Foods	Bring food items you enjoy like cliff bars, power bars, candy, etc. Think weight, calories, and speed	1
Eating Utensil	Plastic Spork (spoon on one side, fork on the other)	1
<b>Health</b>		
Medications	If you take medications, bring enough. Consider chewable Pepto-Bismol, ondansetron, and similar GI medications.	1
Malaria Risk	If traveling to malaria risk region, consider prophylaxis (start before leaving US)  Either Atovaquone/Proguanil 250mg/100 mg daily (start one to two days before leaving; take for 7 days after return) or Doxycycline 100 mg daily (start one to two days before departing; take for 4 weeks after return). Both provide prophylaxis in ALL areas. There is risks with pregnancy or renal disease. See travel medicine provider before leaving.	1
Mental Health	Bring a picture of your family, book, or whatever motivate you	1
Traumatic Injury	Mole skin (minimum of 4 inch by 4-inch piece)	1
Traumatic Injury	Sam splint (optional)	1
Traumatic Injury	Small first aid kit (optional)	1
Traumatic Injury	Trauma shears (cheap as they may be confiscated by TSA)	1
Environmental Injury	Personal hygiene supplies (toothbrush, toothpaste, soap, deodorant, everything 3 Oz. or less for carry on)	1
Environmental Injury	Baby wipes (lots of this)	1
Environmental Injury	3 Oz sun screen	1
Environmental Injury	3 Oz bug repellent (27% to 30 % DEET)	1
Environmental Injury	Chap stick with SPF	1
Environmental Injury	Personal hand sanitizer	1
Environmental Injury	Ear plugs/hearing protection	1
Environmental Injury	Small quick dry towel	1
<b>Signaling</b>		
Whistle	A loud easy to find whistle <i>I use "Fox 40 Sonik Blast CMG"</i>	1
Signal Mirror	Glass (not plastic) signal mirror <i>I use "2 inch by 3 inch military glass signal mirror"</i>	1
Flashlight	Headlamp with extra batteries	1
Cell Phone	Bring whatever cell phone you carry (be sure to <b>discuss international use, with your provider</b> , and what needs to be done before you depart). Bring spare charged battery	1
Portable Charger	A USB charging system that can re-charge your phone (since you may use all of the portable chargers' power, consider one that can be charged via the sun)	1

## Travel Light Packing List – What You Need to Know

<b>Travel (depending on remote or not)</b>		
Compass	Simple orienteering compass I use "Suunto A-10 compass"	1
Map	Print out a general map of the area you are expected to be in. Establish an emergency heading that will take you to a well-traveled road no matter where you might be.	1
GPS	If you want, bring one. But not in place of the orienteering compass. I do not use a GPS.	1
<b>Other Items to consider</b>		
Wrist watch	There are so many options, make sure it is shock and water resistant	1
Multi-Tool	TSA safe multi-tool (example is the Leatherman style PS)	1
Fix Blade Knife	If not flying, bring a 4-inch fixed blade knife Mine are custom made	1
Folding Knife	If not flying, bring a folding blade knife I use a Benchmade Axis lock knife (no longer available)	1
Line	Paracord (make sure it is 550 cord with 7 inner cord strands) – 100 feet	1
Writing tool	Ink Pens	2
Paper	Notepad	1
<b>Personal</b>		
Passport (make sure it is current and has at least 6 months before expiration)		1
Visa (if purchased in country, bring exact \$ needed for purchase)		1
Copy of Credentials (medical licensure, diploma if medical)		1
Copy of Travel insurance along with what it covers		1
Credit cards, etc.		1
Local currency (may exchange at the airport if time allows) US dollars often work		1
<b>Items You Can't Live Without</b>		