

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 (may or may not be necessary)
- Obtain travelers insurance policy with evacuation coverage (MedEx, DAN)
- Obtain infection control certificate
- Obtain currency of country you are deploying to
- 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
- Passport sized headshot photo
- Copy of immunization records
- Copy of traveler's insurance policy (mandatory evacuation policy)
- Completed medical questionnaire (Identifying medical conditions, medications, etc.)
- Emergency contact information
- Copy of visa information if necessary
- Copy of infection control certificate

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

- Passport
- Visa if applicable
- Immunization records
- Infection control certificate
- Travelers insurance policy
- Emergency contact information

EQUIPMENT AND PACKING

CARRY ON ONLY - NO EXCEPTIONS.

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.

Travel Light Packing List – What You Need to Know

Area of Need	Item	Qty
Clothing		
Wicking Layer	Polyester or silk T-shirts	2
Wicking Layer	Polyester quick dry underwear	2
Wicking Layer	Polyester or wool long johns top and bottom (<i>colder weather climates</i>)	2
Insulation Layer	Fleece (polyester) or wool (no cotton please) shirt	1
Outer Layer	Pants (lightweight synthetic, quick dry, convertible)	2
Outer Layer	Shirt button down or pullover for use in cold climates when wicking layer is not enough (lightweight, synthetic)	2
Outer Layer	Rain jacket/shell coat (either Gore-Tex or treated nylon)	1
Outer Layer	Rain pants (either Gore-Tex or treated nylon) (<i>colder weather climates</i>)	1
Socks	Synthetic, wool, or wool blend hiking socks	4
Boots	Broken in Hiking shoes	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 with drop down insulated ear muff option (<i>colder weather climates</i>)	1
Hat – All Weather	Balaclava that covers head, most of face, and neck <i>I use "Outdoor Research Option Balaclava"</i>	1
Bandana	Bandana	1
Gloves	Prefer gloves that allow finger dexterity <i>I use, "fingerless wool gloves" but wind resistant fleece is fine too</i>	1
Flip Flops	Flip flops for around camp (<i>only if room</i>)	1
Sunglasses	In all climates, sunglasses to help prevent sun or snow blindness or eye wear	1
Shelter, etc.	(not needed if staying in a hotel)	
Tent	Tent or personal shelter (1-2 person, 3 season with rain fly) <i>I use "Big Angus Copper Spur UL 1 Tent"</i>	1
Sleeping Pad	Sleeping pad (compact, light weight) <i>I use "Big Angus Insulated Q-Core SL"</i>	1
Sleeping Bag	Sleeping bag (compact, light weight) per current conditions <i>I use "Kelty SB35 800 Fill DriDown, Long"</i>	1
Pack/s		
Backpack	Backpack – maximum size is 42 liters or 2,600 cubic inches <i>I use "Gregory Z40 Backpack (2,440 cu in)"</i>	1
Fire		
Heat Source	Fire starter (Ferrocerium rod, matches, etc.) <i>I use "Light My Fire Original Swedish FireSteel"</i>	1

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Area of Need	Item	Qty
Water		
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
Food		
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
Health		
Medications	If you take medications, bring enough	1
Medications	If traveling to malaria risk region, bring prophylaxis (start before leaving US)	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	1
Environmental Injury	Chap stick with SPF	1
Environmental Injury	Personal hand sanitizer	1
Environmental Injury	Ear plugs/hearing protection (2 pair)	1
Environmental Injury	Small quick dry towel	1

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Area of Need	Item	Qty
Travel	(depending on remote or not)	
Compass	Simple orienteering compass <i>I use "Suunto A-10 compass"</i>	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 (optional) <i>I do not use a GPS</i>	1
Signaling		
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 discuss international use, with your provider, 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
Other		
	TSA Safe Multi-tool. (Example is the Leatherman Style PS http://www.leatherman.com/style-ps-831488.html)	1
	If not flying, bring a fixed blade knife (4 inch blade is fine) <i>I use a custom built knife for this but there are plenty of good options</i>	1
	If not flying, bring a good folding blade knife <i>I use a BenchMade axis lock (exact model is no longer offered). Use a plain edge (not serrated)</i>	1
	Wrist watch	1
	Paracord (make sure it is 550 cord with 7 inner cord strands) – 100 feet	1
	Ink Pens	2
	Notepad	1
Personal		
	Passport (make sure it is current)	1
	Visa (before departure, check to see if this is needed)	1
	Copy of Credentials (medical licensure, etc.)	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)	1

