

Disaster Volunteer Personal Item List

1. Sheets, Sleeping bag, blankets, pillow
2. Stethoscope and blood pressure cuff (with your name on it)
3. Comfortable and climate appropriate clothing and shoes (no sandals)
4. Personal medications
5. Pad and pen for personal notes
6. Extra pair of eye glasses
7. Personal cell phone and charger
8. Insect repellent
9. Sun screen
10. Alarm clock
11. Flashlight and extra batteries
12. Driver's license
13. Original R.N. license (not a copy)
14. Limited personal cash/some traveler's checks
15. Suggest no more than one credit card
16. Rain Gear

Optional Items

1. PDR or Drug Reference
2. Lab coat
3. Name badge
4. Anti-bacterial alcohol based hand wash