**MRC Deployment – Personal Gear List**

**2-3-4:** 2 bags, 3 days of food, 4 quarts of water (individual large Ziplocs for clothing and huge trash bag for all items and Ziploc in case bags stay on rainy tarmac)

**Paperwork: Sleeping gear:**

Immunizations, ID, credit card, sleeping bag (+15)

cash, map, language list, cell, charger foam pad, inflatable pillow

mosquito net, cocoon

**Clothing:**

**Main Flight bag: Miscellaneous:**

Cargo pants head lamp, batteries

Shorts as needed waterproof matches

2 long sleeved shirts hard hat

work boots face mask, goggles

comfortable canvas shoes safety pins, sewing kit

flip flops for shower trauma shears

underwear (4 days) stethoscope

3 pairs of socks

bathing suit for shower **Personal gear:**

bandannas TP, baby wipes

PJ's sleep help,

razor, trauma shears

**Ready bag:** deodorant, soap, shampoo, toothbrush, and paste

sun hat detergent

jacket with hood (sweat shirt) insect repellent (DEET)

rain coat and rain pants foot care (powder, moleskin)

leather work gloves meds (decongestants, ibuprofen)

hand cleaner, TP, toothbrush, deodorant hair brush

high nutrition snacks sunscreen, lip balm

24 hr. rations micro-fiber towel

1 quart water tea tree, lavender oil

book huge garbage bag with name on it

sunglasses Leather-man

meds

alarm clock **Acudetox/Acupuncture**

inflatable pillow needles and seeds for 30 patients

flashlight hand sanitizer, hair ties, glasses

hearing protection alcohol wipes, Q tips, cotton-balls

notebook sharps shuttle

change of clothes Acudetox box/apron

HEPA mask headlamp, flashlight

duct tape snacks and water

Latex-free gloves

**Cooking and Food:**

mess kit

48 hr. rations

water purification tablets

3 quart containers, electrolytes