

## **Volunteering in a Disaster: What Belongs in Your Duffel**

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Ensure you have at least two copies of his/her professional licensure, certifications, passport and/or drivers license. Even if vetted by the sponsoring organization, these papers should be carried with you, as the on-the ground team may need them for local filing. Original passport should be tucked into an identification carrier that is with you always.

Ensure you have contacts both at home and on the volunteer site. You should also carry information about your medical emergency contact and a list of your history and medications, allergies, etc. These should be tucked into an identification carrier that is with you always.

### **Recommended Checklist**

\* Highly recommended

#### **Medications**

A. Volunteers typically should be vaccinated for the most common health concerns (check the Centers for Disease Control and Prevention Web site for local considerations):

- DPT
- Tetanus
- Yellow fever
- All hepatitis protections

B. Depending on the deployment area, a medication bag containing:

- Ciprofloxin
- Z-pack
- Anti-nausea
- Electrolyte powders
- Anti-diarrheal medication
- Over-the-counter pain relievers
- Sleeping medication
- Anti-malarial medications (dependent on deployment area)
- Insecticides (dependent on deployment area)
- Intravenous catheters ( {these are for you and your colleagues} dependent on deployment area)

C. A full supply plus at least one-week extra of personal medications. Ascertain refrigeration availability, if any medications must be kept refrigerated

#### **Working tools**

- Watch\*
- Extra reading glasses\*
- Flashlight\*
- Head lamp\*
- Stethoscope\*
- Blood pressure cuff/manometer\*
- Thermometer (portable used axillary without sleeves)\*
- Portable pulse oximeter (if possible)
- Batteries\*
- Antibiotic exchange chart\*
- Drug handbook (international and exchange)
- Pens (at least ten)\*
- Highlighters (at least five)\*
- Sharpies (at least five)\*
- Rubber bands (large pack of 500)\*
- Duct tape
- Carabineers (portable hooks)
- Hand cleansing pads/bottles (multiples)\*
- Trauma scissors\*
- Bandage scissors\*
- Hemostats\*
- Work gloves for handling boxes, equipment, etc
- EMT type fanny pack/shoulder pack\*

### **Considerations for Disabled Areas**

It is absolutely essential to consider where you are going and to plan accordingly. When the disaster is acute and the area has been disabled, packing should include personal food, water and sleeping materials (call your airline carrier, if independent, to arrange for excess luggage without fee)

#### **A. Nutrition**

- Water and water purification tablets in case of emergency. Plan for two 16 oz. bottles per day
- Ready-to-eat meals distributed by military, can be purchased online or at army surplus or sporting/outdoor stores
- Portable meal components or dish in a bag. Items that do not require boiled water are preferred. If they require boiling water, ascertain the availability of electricity and bring a portable tea heater
- Crackers, peanut butter or other protein-rich butters. Dehydrated fruit, nuts, granola bars, protein bars, dehydrated vegetables, trail mix

#### **B. Sleeping**

- Ground tarp\*

- Air mattress\*
- Lightweight (warm weather) or heavyweight (colder weather) sleeping bag\*
- Easy to carry/assemble tent
- Sheet
- Mosquito netting (any tropical site)
- Eye shield
- Headphones (noise reduction) or earplugs

### C. Personal

- Personal towelettes for self-cleaning\*
- Personal toilet paper/tissue
- Baggies for disposal purposes
- Frequent underwear/sock changes (two per day)\*
- Scrubs (one per day plus two extra)\*
- T-shirts or scrub tops (one per day plus two extra)\*
- Hard shoes for professional wear (running, dansko, etc)\*
- Sleeping attire that is easy to change into and able to be worn in mixed gender groups
- Small towel and soap\*
- Shower sandals and bathroom (great outdoors or otherwise) wear\*
- Individual packets of coffee (can be used with basic water bottle)\*
- Camera
- Books or other down-time devices for the occasional break
- Consider electricity availability before bring re-chargable items such as phone, iPod, computer, and handheld devices

This list is not comprehensive. A rolling duffel bag with multiple outside pockets and a backpack should be able to accommodate these items. Do not pack anything irreplaceable; you should feel comfortable leaving any of the items behind in the event of emergency evacuation.