

## Volunteer Day Pack Packing List

Each volunteer should have a "Day Pack" to take to work sites. It is best if it is a backpack with several pockets and a place for a water bottle. Below is a list of items that some of our volunteers like to take. Pack your day pack according to your own needs. Some of these items you may only need in your overnight bag. It's best if all items can be purchased prior to the trip so that we minimize trips to the store once we are deployed.

For dry mouth/lips – hard candy, gum, Chapstick or aquaphor, Blister lip balm with SPF

For hot weather - Sunscreen spray and/or cream, Off or other bug repellent, Off bracelets, Instant cooling towel or bandana

First aid items – Antibacterial wound wash, Antibacterial ointment (Neosporin), Band aids, moleskin for blisters, blister kit, Advil, Aleve, Tylenol, Gel ice packs, Eye wash or Eye drops, insect bite relief,

For allergies - Inhaler if prescribed, EpiPen if prescribed, MedicAlert bracelet/necklace if applicable, antihistamine – you never know what you may have an allergic reaction to in a new area, especially one that has been devastated, Benadryl, other allergy medicine, tissues

Feminine pads or Tampax – can be used for heavy cuts

For sensitive digestive systems - Pepto bismal, Tums, Phillips Milk of Magnesia, Stool Softener

For cleanliness – small Lysol spray, Hand sanitizer gel, antibacterial wipes, personal wipes, small toilet tissue

For poison ivy – soap, Dawn, poison ivy scrub, anti itch cream (calagel)

Portable battery operated radio or weather radio

Car phone charger

Healthy high protein snacks (individually wrapped)

Extra pair of dry socks - smart wool or wicking material

Extra dry t-shirt

Cheap Hand Towel or small towel

Small compact Flashlight at least 100 lumens. Possibly with flasher

Cyclops Flashlight

Toothbrush, toothpaste

Camera with charged battery

Refillable water bottle

Work gloves

Sunglasses and/or safety glasses. Best if wrap around your face

Fanny pack – to keep your hands free (but be warned, you may look like a dork in pictures)

Items that you may want to include in your overnight bag - you never know what the conditions are going to be like in a disaster area.

Shower shoes (flip flops)

Bathing suit (for showering)

Battery operated fan (for sleeping)

Ear plugs (for snoring neighbors)

Safety Shoes – with steel toes and hard bottom that resists nail puncture

Pants with lots of pockets, cool material

Long sleeve, lightweight shirt to protect arms

Something to keep your hair pulled back

Hat or visor

Safety equipment if you have your own– safety glasses, hard hat, chaps, neon vest