



CRC PACKING LIST

In addition to these suggested items please closely review the Health and Safety Considerations Document for anything else you think may be useful.

Personal Items to Pack	Optional Items (Depends on type of deployment)
<input type="checkbox"/> Red Cross ID	<input type="checkbox"/> Pillow/sleeping bag/bedding
<input type="checkbox"/> Red Cross vest (if available) <i>*Will be assigned on-site for the operation if you do not have one with you</i>	<input type="checkbox"/> Clothes line/laundry supplies (laundry pods, dryer sheets)
<input type="checkbox"/> Driver's license	<input type="checkbox"/> Towel/wash cloth/flip flops for shower
<input type="checkbox"/> Personal Health Card	<input type="checkbox"/> Work Gloves
<input type="checkbox"/> Emergency contact info, list of current medications and doctor's name/contact	<input type="checkbox"/> Steel toed work boots
<input type="checkbox"/> Medications (sufficient quantity)	Weather related items (Cold/Snow/Wet)
<input type="checkbox"/> Personal first aid kit	<input type="checkbox"/> Rain gear – coat/poncho, umbrella, waterproof boots
<input type="checkbox"/> Extra glasses/contacts/contact solution	<input type="checkbox"/> Insect repellent, bug jacket, head net
<input type="checkbox"/> Personal hygiene items/toiletries	<input type="checkbox"/> Winter coat, mitts, toque/hat, scarf, boots, snow pants
<input type="checkbox"/> Tissues, wet wipes (flushable)	<input type="checkbox"/> Sun protection – including sun screen, sunglasses, lip balm and a hat
<input type="checkbox"/> Ear plugs/Sleep mask	<p>Please Note:</p> <ul style="list-style-type: none"> You must be able to carry everything you take with you to a response. Your packing must be limited to one checked suitcase and the allotted number of carry-ons per your airline (if flying). More than one checked bag is not reimbursable. Overweight charges are not reimbursable. This packing list is subject to change based on the conditions and location of the disaster response; this list should not be considered exhaustive.
<input type="checkbox"/> Self-care items (ex. Book, magazine, favorite snacks)	
<input type="checkbox"/> Water bottle	
<input type="checkbox"/> Appropriate casual clothing & sleeping attire	
<input type="checkbox"/> Sturdy footwear (nothing open toe/heel) <i>*Consider an extra pair</i>	
<input type="checkbox"/> Cell phone and charger	
<input type="checkbox"/> LED Flashlight and extra batteries	
<input type="checkbox"/> Pen and small notebook	
<input type="checkbox"/> Plastic folder (9"x12") to carry personal papers	

Canadian Red Cross is not responsible for your personal items during deployment so please leave any valuables at home