

"What to take" Suggestion Checklist

Devotional Materials

- Bible
- Daily devotional book
- Witnessing tracts
- Your Personal Testimony notes

Identification

- Disaster Relief ID Badge
- Release & Indemnity Agreement Form
- Phone numbers (family physician, employer, church, emergency contact)
- Driver's License
- Medical Release Form

Insurance Information (List Company, policy number, coverage, agent, and phone)

- Health
- Automobile
- Life

Miscellaneous Items

- Money or traveler's checks (\$50-200)
- Notebook and pencils or pen:

Clothing (4-7 day supply)

- Disaster relief caps and jackets
- Coats and/or jackets (warm and cool)
- Jeans or work pants
- Shirts (warm and cool weather)
- Underwear
- Sleepwear
- Sneakers
- TBM DR shirt suitable for worship service
- Work shoes
- Waterproof footwear
- Socks
- Work gloves
- Rain suit or poncho
- Bandanas and handkerchief
- Laundry bag

Health, Safety, and Hygiene

- Shot Records (Tetanus, etc.)
- Prescription medicine for 2 weeks (List by name all your prescription medications)
- Nonprescription drugs
- Laundry detergent
- Deodorant
- Towels
- Toothbrush
- Shampoo and rinse
- Chap stick
- Diarrhea cure
- Insect spray
- A&D Ointment
- Allergy kit: bees, etc.
- Liquid antibacterial soap
- Feminine needs
- Washcloths
- Toothpaste
- Comb and brush
- Shaving cream
- Antacids
- Skin lotion
- Antifungal ointment/spray
- Sunblock (15+)
- Bar soap
- Personal needs
- Mouthwash
- Dental floss
- Hair spray
- Razor
- Laxative
- Blister kit
- Foot powder

Food

- Special diet food
- Snacks
- Favorite drink

Supplies and Equipment

- Flashlight or lantern
- Watch or clock
- Sheets, covers or sleeping bag
- Pillow & pillow case
- Special personal items you need for health, safety, or comfort
- Cell phone and charger
- Specialty gloves if allergic (Latex free)
- Twin bed (air or foam mattress, cot)
- Dirty clothes bag