



eMi Disaster Response Volunteer Responder Packing List

Note: For all of these items, check with your project leader for specifics about your trip. Also, this list is meant to be generic – use it while thinking about the climate you will be traveling to and the type of work you will be doing. Some of these items may not be needed and/or you may need to bring additional items.

ESSENTIALS – It's best to pack these items in carry-on baggage.

- Cash in U.S. currency (the newer series with large faces on the bills)
- Major credit cards
- Valid, signed passport
- 6 extra passport-size photos
- Food for 36 hours (high energy, low weight)
- One change of clothes
- Earplugs
- Immunization record (Yellow Book – write your blood type & eyeglass prescription in it)

Clothing – Modesty is always important for both genders in developing countries. You will need lightweight, loose fitting clothing. Typically, conservative dress is the best bet. In addition to the following items, bring at least *four changes of clothing appropriate for the location, elevation, and time of year*:

- Closed-toe shoes or boots
- Bathing suit
- Raingear/light jacket
- EMI baseball cap for sun and rain
- Flipflops/sandals

Sleep and Shelter – Ask if you need to bring sheets, a pillow case, sleeping bag, mosquito netting, or even a tent. Have these items on hand and ready in case they are required.

Personal Health Items and Medical Tips – While your project leader may carry a first aid kit, you should bring your own supply of medicines (don't pack any of these items in glass bottles):

- Prescription medicine for duration of trip
- Extra pair of glasses or contacts
- If you wear contacts, be aware of dusty conditions at disaster sites
- Medication for colds, allergies, diarrhea, athlete's foot, hemorrhoids, constipation, and headaches
- Sunscreen (SPF-15 or higher)
- Insect repellent
- Antiseptic ointment
- Lip balm
- Vitamins
- Small scissors
- Tweezers
- Small bottle or individual swabs of isopropyl alcohol
- Water-purification tablets or system
- One packet of oral rehydration salts
- Assortment of bandages
- Copy of your Yellow Book
- Color copy of passport & visa
- Soap, shampoo
- Shaving kit
- Toothbrush & toothpaste
- Wet wipes
- Towel
- Roll of toilet paper
- Hand sanitizer

Design Equipment – These are project-essential items, and it's best to pack in carry-on baggage. You should bring whatever you need to complete your field study.

- Notebook and pen
- Calculator
- Protractor/triangles
- Clipboard
- Grid paper
- Scale (metric?)
- Trace paper
- Reference books
- Compass
- Tape measure (metric?)
- Laptop & design software
- Sphere Handbook

Miscellaneous Equipment

- Backpack
- 2-3 liters drinking water
- Pocket knife/tool
- Flashlight
- Batteries
- Sunglasses
- Battery clock/watch
- Bible
- Camera
- Duct tape
- Rope
- Voltage converter & adapter

At Time of Mobilization – When you are activated for a particular disaster response project, immediately start to assemble the following items (to be packed in carry-on baggage):

- Any information from your project leader
- Country clearances for affected country and visa if required
- Short-term immunizations, boosters, and malaria pills needed at time of departure

Information to be left with eMi and with your loved ones

- Personal contact information sheet
- Color copy of passport picture page, visa page, and barcode page
- Copy of immunization record
- Contact information of supported ministry