WHAT TO BRING

Checklist

**Devotional Materials**
- Bible
- Devotional
- Witnessing tracts

**Identification**
- DR ID badge
- Driver's license
- Vehicle registration
- Phone list
- Insurance info (health & vehicle)

**Supplies/Equipment**
- Flashlight/lantern
- Watch/clock
- Canteen/water bottle
- Bedding (air or foam mattress, cot, and covers)
- Special personal items you need for health, safety, or comfort

**Miscellaneous**
- Money ($20-200)
- Cell phone & charger
- Notebook
- Pencils or pens
- DR travel handbook

**Clothes (4-7 Days)**
- DR caps, shirts, jackets
- Work shoes
- Coat/jacket
- Waterproof footwear
- Jeans/work pants
- Socks (2/day)
- Shirts
- Work gloves
- Underwear
- Rain suit/poncho
- Sleepwear
- Sneakers
- Flip flops
- Bandanas/handkerchief
- Laundry bag

**Health & Safety**
- Medicine (prescription & over-the-counter)
- Allergy kit: bees, etc.
- Sun block (SPF 15+)
- Diarrhea/laxative cures
- Antacids
- Insect spray
- Skin lotion
- Blister kit
- Foot powder
- Antifungal ointment/spray
- Healing ointment (Neosporin)

**Personal Needs**
- Diet food
- Snacks

_HIGHLIGHTED_ items are for Disaster Relief Deployments only and not necessary for Rebuild.

Remember to leave behind any info regarding where you are and how to contact you in case of emergency.

For more information visit sbcv.org/dr

_SBCVirginia_
_You are not alone._