



U.S. Public Health Service Nursing - TIP OF THE MONTH

Protecting, promoting, and advancing the health and safety of the Nation



January 2018

Deployment Tips



Helpful Deployment Tips

Deployment: There is an increased need for medical and logistical assistance from Public Health Service Officers who respond to the catastrophic national events. Below are some helpful tips to prepare for future deployment.

1. Legal Considerations:

- Prepare a Health Care directive and Will. These documents declares your wishes to be carried out in the case you become incapacitated.
- Prepare a “Letter of Instruction.” A letter of instruction provides your survivors with a list of things to do.
- Prepare a Power of Attorney. This will enable your representative to have the legal power to act on your behalf.
- Designate a Medical Power of Attorney on file.

2. Personal/Mission Considerations:

- Prepare a “Family Care Plan” and verify information in DEERS, check to make sure all ID cards (including dependents) have not expired.
- Confirm and obtain sufficient number of uniforms, hats, devices, other articles suitable for the deployment.
- Try-on uniforms and alter-to-fit, sew on patches and name tapes in advance of deployment and break-in new boots or shoes
- Maintain clinical currency if that is your deployment role. Have a valid government and personal passport. Maintain readiness: (https://dcp.psc.gov/CCMIS/RedDOG/Forms/Basic_Readiness_Checklist.pdf)
- Ensure Immunizations are up to date and you have extra medication needed during deployment time.
- Uniforms: Contact the U.S. Coast Guard Uniform Distribution Center at 1-800-874-6841. Have your Employee ID number available and inform the operator you are PHS. Visit there website at: [USCG Military Uniforms Branch](#)

3. Office Considerations:

- Ensure that emergency contact information for next of kin/family is kept current with work offices.
- Confirm Supervisory approval and adequate job coverage, coordinate absence from work.
- Returning from deployment Corps officers are eligible to take non-chargeable respite leave in accordance with POM 15-002 allowing time to refresh both mentally and physically. Officers are allowed approximately one day for 14-29, and an additional day for each subsequent 30 day period for up to 14 days total. In addition, the leave granting official may allow administrative leave per CC361.01 §6-5(a).

4. Packing Recommendations:

- Ear plugs-noise due to snoring, airplanes, heaving equipment operation, generators are all possible noise sources.
- Ziploc bags-quart and gallon size-quantity are useful for packing and multiple uses throughout deployment.
- “Traveling Laundry Detergent Sheets” (sold at Amazon, etc.) for laundering and bug spray with DEET, minimum 40% for insect protection.
- Bring masking and/or duct tape, a travel sewing kit and a small lock.
- Hygiene kit, to include lip balm, sunscreen, small compact (unbreakable mirror) and nail clippers.
- A small notebook for note taking during briefings that fits in the side pocket of your ODU’s pants.
- Include a portable bag with the portability of a backpack and convenience of a grab-and-go hand-carried bag. A Standard rolling suitcase is not advised for this purpose.

For additional detailed deployment Tips, click: [RedDOG deployment checklist](#) or [APAOC Deployment Package](#)

Words of wisdom from experienced Officers to those looking forward to deploy:

Deployment success comes with a lot of patience, flexibility, kindness, respect, being sensitive to the culture, working hard and understanding each other’s roles. Know your limits and make the best of the situation that you are in. Every deployment is about helping others as RDF-4 Team motto states “Non sibi sed suis” – Not for one’s self, but for one’s own.” - Captain Lorena Crowley

When preparing for deployment, I am very conscious of luggage weight. Even though most bags have rollers, one never knows when they may have to carry their luggage. Items that I found beneficial on this trip were 550 cord, duct tape, extra uniforms; 3 full sets, extra under garments, powdered detergent; to do laundry in the shower if needed, strong bug spray, and a portable power source. I took two portable power sources. One was solar rechargeable. Other pertinent items were garbage bags, extra toiletries; a perishable weight, and several pairs of ear plugs. One last thing, packing clothing via the “bundle” or “capsule” method works. Search YouTube for video.—LCDR Dustin Hampton

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