

General Deployment Packing List

All quantities are suggested based on laundry availability and mission duration, *pack accordingly*.
 Add additional items based on personal needs, upcoming mission and/or previous deployment experience(s).

#	Item(s)
DUTY UNIFORM	
3-4	ODU Uniform Sets (Blouse/Trousers), to include required rank, etc.,
2	Cap, Ball, Command Blue (cover)
2	Belt, Basic Riggers
2	Boots (Safety, Black)
7	PHS T-Shirt, Blue
7	Undergarments
7	Socks (black), for uniform
4	Blousing straps (pairs)
1	ID Tags (i.e., Dog tags; must have CAC ID# (not SSN))
2	Scrubs (sets) for hospital/patient care, optional (i.e., dental officers)
OFFICIAL DOCUMENTS / ID	
1	Common Access Card (CAC)
1	Credit Card, Government (IBA)
1	Driver's License, Personal (2 nd form of ID)
2	Copy of Orders (if/as applicable or available)
USPHS PHYSICAL TRAINING UNIFORM (PTU)	
1	PTU Fleece Hoodie
1	PTU Fleece Sweatpants
3	PTU Shorts
3	PTU Shirt
1	Cap (Black, Fleece)
1	Belt, Reflective PT
6	Athletic Socks (any – recommend select socks complimentary to PTU (i.e., navy or black))
1	Athletic Shoes (any – recommend select footwear complimentary to PTU)
WET/COLD WEATHER GEAR	
1	Parka, Foul Weather, Type II with Rank
1	Line, Polar Fleece, Blue with Rank
1	Trousers, Foul Weather, Type II
1	Undershirt, polyester, cold weather, lightweight
1	Underpants, polyester, cold weather, lightweight
1	Watch Cap, (w/outer garment only)

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CIVILIAN CLOTHING	
2-4	Personal clothing outfits (conservative; nothing offensive/culturally insensitive) Pants/shorts, Sweater, T-shirts, socks
1	Outdoor/exercise Clothing (Hiking/walking, MWR appropriate wear, shoes/socks)
1	Sleep Clothing, appropriate (fitness uniform can be used for sleep wear)
SLEEP SYSTEM	
1	Pillow w/ pillowcase (or garments may be added to make/serve as pillow)
1	Ear Plugs / Eye Mask (<i>optional</i>)
1	Flat sheet (one-color/simple to go over cots)
1	Sleep System/Sleeping Bag – for sleeping on cots/floor
MISCELLANEOUS/OTHER	
1	Backpack (in compliance w/ policy)
2	Bag, duffle (roller okay)
1	Gloves, work or cold weather wear (in compliance w/uniform policy)
1	Eye Pro (APEL)
1	Duct or electrical tape
1	Paracord
1	Shoe polish kit (applicator brush, cloth, buffing brush)
1-2	Trash bags, optional (20-Liter, waterproof)
PERSONAL ITEMS	
1	Medications (30-day supply, OTC/Prescription – must be in original manufacturer packaging) (If prescribed, must have your name, medication, etc., on it) Bring extra in case mission extended
2	Cell chargers (Recommend: add name tag w/ label maker/tape; have one quick charging cord. 1 wall-plug and one with USB charging capability)
1	Headphones (recommended noise-cancelling for all electronics)
1	ATM/Debit Card, cash (recommended \$25-50 in small bills; coins in rolls for MWR, souvenirs, etc.)
1	Extension Cord/Power Strip
1	Waterproof phone holder case/pouch
1	Watch/Alarm clock
2	Pens (Black Ink)
2	Notebooks (Pocket-sized)
1	Laundry Detergent (Single Use Pack)
2	Locks (For Duffle Bag and locker)
1	Flashlight / Headlamp (with extra batteries)
1	Sunglasses/Eyeglasses/Contact Lenses with contact solution/case)
1	Water container (i.e., water bottle or Camel backpack) or purification system (i.e., LifeStraw)
X amt	Snacks (fitting into ODU pant pockets) Protein bars (i.e., Clif, RXBar, KIND protein, GoMacro), Trail mix (peanuts, dry fruit)
1	Laptop w/ power cord, external card reader, mouse (if required for mission)
1	Laundry bag

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1	Portable Charging Block, optional (consider solar charging)
1	Multi-tool, optional (i.e., Leatherman. Place into checked bag only!)
HYGIENE ITEMS	
1-2	Towels (Recommend: quick dry material)
1	Shower Shoes (i.e., flip flops)
1	Toiletry Bag
1	Soap and/or Body Wash (travel-sized bar or liquid)
1	Shampoo/ Conditioner (travel-sized)
1	Hairbrush/comb, as needed
1	Razors (2 weeks supply) or Electric Shaver/Beard Trimmer
1	Shaving Cream
1	Toothbrush + toothpaste (travel-sized)
1	Deodorant
1	Chapstick/Lip balm
1	Sunscreen / Insect repellent (SPF 30 or higher, as approved for commercial travel)
1	Hand Sanitizer (3-4 oz bottle/wipes)
1	First aid kit (includes: Band-Aids, antiseptic wipes, antibiotic ointment, 2 pairs non-latex gloves, etc.)
1	Foot/body powder (i.e., Gold Bond)
X amt	Feminine Products (as needed)
1	Body Cleansing Wipes
1	Laundry detergent (single use pack or pods) Laundry sheets (place into Ziplock bag)
MISCELLANEOUS/RESILIENCY Recommend pack items to support/maintain mission resiliency.	
X amt	Snacks/treats (i.e., chocolate, chips, etc.)
1-2	Books, puzzle, or similar hardcopy item
1-2	Pre-download audiobooks or movies/TV shows (be mindful of electronic use/ & recharging needs)
1	Blanket/comfy clothing to lounge in

*Note: CCHQ/RDB is not responsible for lost or stolen items. Officers are highly recommended to pack one complete uniform set, and any items needed for initial 72 hours, into their carry-on bag in the event remaining luggage/bags are delayed in arriving to destination.