

## Disaster Relief What to Take

*This is your checklist to keep.*

### Devotional Materials:

- Bible and devotionals       *Spiritual Preparation for Disaster Relief*  
 Hope in Crisis tracts       Witnessing tracts

### Identification:

- Disaster relief ID       Driver's license       Vehicle registration       Auto insurance  
 Phone numbers       Family physician       Health insurance card

### Other:

- Money or traveler's checks (\$50-200)       Notebook and pencils or pens  
 SBC disaster relief training manual

### Clothing (Seven Day Supply):

- |   |   |
|---|---|
| <input type="checkbox"/> Disaster relief caps & jackets   | <input type="checkbox"/> Disaster relief ID cards & clip-on   |
| <input type="checkbox"/> Jeans or work pants  | <input type="checkbox"/> Shirts (warm and cool weather)       |
| <input type="checkbox"/> Underwear  | <input type="checkbox"/> Socks                                |
| <input type="checkbox"/> Bandanas and handkerchief  | <input type="checkbox"/> Work gloves                          |
| <input type="checkbox"/> Coats and/or jackets (warm and cool)   | <input type="checkbox"/> Rain suit or poncho                  |
| <input type="checkbox"/> Laundry bag  | <input type="checkbox"/> Suitcase or duffel bag               |
| <input type="checkbox"/> Sleep wear (Because of group living, select sleepwear for modesty as well as comfort). | <input type="checkbox"/> Work shoes                           |
| <input type="checkbox"/> Sneakers   | <input type="checkbox"/> Waterproof footwear                  |
|   | <input type="checkbox"/> Hat or cap (waterproof and sunshade) |

### Health, Safety, and Hygiene:

- Prescription medicine (List by name all your prescription medication)  
 New prescription orders (if your physician approves and will write new prescriptions)  
 Nonprescription drugs       Allergy kit: bees, etc.       Sunblock (15+)  
 Bar soap       Liquid antibacterial soap       Laundry detergent  
 Deodorant       Feminine needs       Personal needs  
 Towels       Wash cloths       Mouth wash  
 Tooth brush       Tooth paste       Dental floss  
 Shampoo and rinse       Comb and brush       Hair spray  
 Chap stick       Shaving cream       Razor  
 Diarrhea cure       Antacids       Laxative  
 Insect spray       Skin lotion       Blister kit  
 A&D ointment       Antifungal ointment/spray       Foot powder

### Food:

- Diet food       Snacks       Special Needs

### Supplies and Equipment:

- Flash light or lantern       Bedding (twin size air or foam mattress, cot, and covers)  
 Watch or clock       Tent (optional, inquire first)  
 Canteen or water bottle  
 Special personal items you need for health, safety or comfort

(NAMB Form)