

Wesley United Methodist Church Relief and Recovery Team

What do I bring on a disaster relief work trip? Each trip is different but this is a good checklist to start with.

1. Work clothes - Plan for both 20 degrees warmer and colder than the forecast, dress in layers. Don't bring anything that will break your heart if it gets paint or tar on it. No matter what they tell you you'll be doing be prepared to work inside or out.
2. Good work shoes for during the day and a change of footwear for evenings to give your feet a break.
3. A hat - either for sun or cold depending on conditions.
4. Bandanas – they have a million uses – a hand towel in a pinch, a lunch tablecloth, to cover a sunburned neck, a fashion accessory, etc. etc.
5. Bed roll – sleeping bag or sheets and blankets, depends on climate, don't forget your pillow.
6. Make sure to ask whether you will need to bring a sleeping mattress or cot. Finding out you are sleeping on a concrete floor after you get there is Ugh!
7. Shaving Kit / Toiletries - Don't forget soap. I suggest liquid body wash type soap to avoid dealing with a slimy bar of soap. Add a few band-aids for blisters.
8. Towel - An old worn out towel is best, it dries much faster.
9. A small roll of toilet paper - in a water proof container, because you just never know.
10. Soft foam earplugs - If you've never slept with 2 dozen exhausted mission workers you'll learn, if you have then you already know.
11. Bible or devotional, pen and pencil, something to read or listen to on the trip?
12. A small flashlight - So you can find your underwear or whatever while your roommates try to sleep.
13. A watch - One that lights up is helpful at night.
14. Any special medications you require and your favorite pain medication – for those muscles that haven't been used in a while.
15. Personal insect repellent and sunscreen. Make sure the tops seal well.
16. Write down any special medical info or medications and give a copy to the team leader.
17. Bring a day pack or bag with essentials that you can (1) bring with you on the trip, your other gear will likely not be accessible in transit (remember a pillow), and (2) take with you to your worksite each day – with whatever you might need (change of shirt, medications, wet wipes, towel or bandana, drink bottle, sweatshirt, toilet paper, etc.). Put your name on/in it!

Optional

1. Personal tools - Label everything you bring.
2. Cell phone and charger
3. Camera
4. If you don't have a tool belt or toolbox a 5 gallon bucket with a handle can be handy. Put your name on it. Your team leader will tell what to borrow from the trailer; gloves, hammer, dust mask, screwdrivers, scrapers, rags, etc. and this gives you something to carry them in.

Courtesy of Dan Armstrong
Wesley United Methodist Church
Evans, Georgia