



MRC Deployment Checklist

In the event that you are either contacted by the Southwest Virginia Medical Reserve Corps, or are notified through emergency broadcasts to report for service, the following checklist should be reviewed before deployment:

Family:

- Notify appropriate family members of your deployment
- Advise family members that you will contact them when you have an opportunity (Note: We would appreciate them NOT trying to reach you on your personal cell phone.)
- Ensure that your pets are being cared for

Employer:

- Advise your employer that you have been contacted for deployment and request approval for time off to volunteer

Personal Items:

- Identification:
 1. Driver's license
 2. MRC Badge
 3. Health Insurance Card
 4. Hospital ID, if applicable
- 2 pair of pants, shirts, underwear
- 3-4 pair of heavy, padded socks
- 2 pair of work shoes or boots
- Stethoscope
- Extra pair of glasses or contact lenses
- Personal Hygiene Supplies (toothbrush, toothpaste, deodorant, shampoo, shaving cream, razor, soap)
- Feminine hygiene supplies
- 1 week supply of any prescription medicines
- Sleeping Bag
- Red SWVA MRC T-shirt, if volunteer has one from previous activity
- Chargers for phone and other necessary electronic devices
- Earplugs
- Non-perishable snack items

Remember, when you are deployed: 1) Rest when you can; 2) Eat & Drink when food and drinks are made available; 3) Sleep when you have the opportunity; 4) ONLY work your shift.

Important Note:
DO NOT SELF-DEPLOY

If your services are needed, you will be contacted by a representative of the Southwest Virginia Medical Reserve Corps.
Please do not call your local health department.