



# SUGGESTED TRAVELER'S CHECKLIST



### Work Equipment/Info

- FAST manual needed sections
- Pager
- Spare cell phone battery
- Cell phone/charger
- Phone calling card
- Support contact numbers

### Clothing

- Blouses
- Shirts
- Pants (cargo style-pockets)
- Underwear
- Jacket
- Light raincoat
- Sweater
- Socks
- Walking shoes
- Shower shoes
- FAST vest

### Accessories

- Day pack or fanny pack

### Seasonal Gear

- Sunglasses
- Sunscreen
- Bug Repellant
- Beanie/head cover
- Umbrella
- Boots

### Notions

- Tooth brush
- Tooth paste
- Dental floss
- Skin Cleanser
- Bar soap
- Moisturizer
- Compact Mirror
- Deodorant
- Shampoo
- Hair brush/comb

### Miscellaneous

- Writing pad/pens/pencils
- First aid kit
- Prescription medications
- List of generic names for prescription drugs
- OTC medications
- Lip balm
- Baby wipes or moist towelettes
- Washcloth
- Laundry soap
- Sewing kit
- Travel alarm
- Mini flashlight
- Battery operated radio
- Food\*
- Water\*\*

### Documents

- Travel documents
- Identification
- Guidebooks
- Maps
- FAST ID

### Other Needs

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\* Easy to carry quick energy foods, such as fruit snacks, beef sticks, jerky.  
\*\* In some cases, it may be difficult to obtain water once deployed.

NOTE: Carry-on flight bag should contain at least change of clothes, medicines, and documents.