

## Personal Preparation and Packing List

While you will receive an "official" packing list from your S-3 office, the following is a list provided by Marines, for Marines of items that are nice to have on deployment. This checklist is by no means all-inclusive, and some items may not pertain to your deployment.

### Personal Preparation

- Store personal weapons.
- Enroll in education and courses.
- Take family photos.
- Other \_\_\_\_\_.

### Toiletries

- Anti-bacterial hand wipes
- Hand gel
- Foot powder
- Lip balm
- Deodorant or anti-perspirant
- Lubricant eye drops
- Sunscreen
- Nail files, scissors, clippers, tweezers
- Mosquito/fly/sand flea repellent
- Band-aids
- Anti-fog treatment for sunglasses
- Hair clippers
- 90-day supply of medications
- Hand cream
- Baby wipes (unscented)
- Baby powder (helps with heat rash)
- Small camping mirror
- Purchase comfort items, such as favorite shampoo, soap, contact lenses, etc.

### Clothing Items

- Pack uniforms, liberty clothes, and personal items.
- Closed-toed or high-soled shower shoes
- Sock liners

### Electronics and Communications

- Digital or disposable camera
- Flash drive or USB memory stick
- International converter
- Phone cards
- Batteries
- DVD/CD/MP3 player
- Computer and/or handheld games (i.e. Gameboy)
- Laptop computer
- Head light with white and red light
- Small flashlight
- Alarm clock
- Writing materials

### Kitchen/Food Items

- Hot pot
- Mug with sealable top
- Powdered drink packets
- Nutritional supplements
- Other \_\_\_\_\_

### Reminders of Home:

- Child's art projects or schoolwork
- Small scrapbook with mementos of home
- CD with family's favorite songs

### Miscellaneous

- Sewing kit (zip-up kind)
- Mesh shower bag
- Travel pillow

## *Readiness and Deployment Support Training*

- Running shoes
- PT clothes
- Extra socks, underwear, and undershirts
- Set of civilian clothes
- Travel-size fleece blanket
- Self-inflating air mattress (should not exceed the width of a cot by very much)
- Reading materials
- Word games and/or puzzles
- Games (Frisbee, playing cards, dominos)