Readiness and Deployment Support Training

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 allinclusive, and some items may not pertain to your deployment.

Personal Preparation		Ele	Electronics and Communications	
	Store personal weapons.		Digital or disposable camera	
	Enroll in education and courses.		Flash drive or USB memory stick	
	Take family photos.		International converter	
	Other		Phone cards	
			Batteries	
Toiletries			DVD/CD/MP3 player	
	Anti-bacterial hand wipes		Computer and/or handheld games (i.e. Gameboy)	
	Hand gel		Laptop computer	
	Foot powder		Head light with white and red light	
	Lip balm		Small flashlight	
	Deodorant or anti-perspirant		Alarm clock	
	Lubricant eye drops		Writing materials	
	Sunscreen			
	Nail files, scissors, clippers, tweezers	T7.1		
	Mosquito/fly/sand flea repellent	KIU	chen/Food Items	
	Band-aids		Hot pot	
	Anti-fog treatment for sunglasses		Mug with sealable top	
	Hair clippers		Powdered drink packets	
	90-day supply of medications		Nutritional supplements	
	Hand cream	Ш	Other	
	Baby wipes (unscented)			
	Baby powder (helps with heat rash)	Rei	minders of Home:	
	Small camping mirror		Child's art projects or schoolwork	
	Purchase comfort items, such as favorite		Small scrapbook with mementos of home	
	shampoo, soap, contact lenses, etc.		CD with family's favorite songs	
Clothing Items		Mis	scellaneous	
	Pack uniforms, liberty clothes, and personal		Sewing kit (zip-up kind)	
	items.		Mesh shower bag	
	Closed-toed or high-soled shower shoes		Travel pillow	
Ш	Sock liners			

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