

## TO-DO LIST FOR INT'L DEPLOYMENT

- CELL PHONE:** Activate int'l calling with your phone provider.
- ELECTRICAL CURRENCY:** Research specs in disaster country to see if you need to buy plug adaptors for devices such as laptop, phone charger, personal items. **Plug Adapters, By Country:** <http://international-electrical-supplies.com/plugadapters34.html>
- INTERNET COMMUNICATION:** Determine if internet requires adaptive device such as USB AIRCARD or WI-FI UNIT + SIM CARD. Discuss purchase with Kinship Circle.
- SKYPE:** Kinship Circle meets with team pre/during deployments via Skype, free long distance on your laptop. If you have Skype send request to Kinship Circle to be added as a contact. If not, **DOWNLOAD SKYPE FREE VERSION:** [www.skype.com/intl/en-us/home](http://www.skype.com/intl/en-us/home)
- PASSPORT:** Current passport that is valid at least 6 months after departure date.
- VISA:** Contact your regional consulate for destination country to find out *if and what type* entry visa is required. Do not apply for visa before consulting Kinship Circle for protocol related to a specific country and disaster circumstances.
  - Find Foreign Consular Offices in the USA: [www.state.gov/s/cpr/tis/co/](http://www.state.gov/s/cpr/tis/co/)
  - Find Foreign Consulates if You Are Not U.S. Citizen: <http://embassy.goabroad.com/>
- DRIVER'S LICENSES — INTERNATIONAL & LOCAL:** You're required to carry both an international driver's license and a driver's license from your home state/province. Find Triple AAA offices near you to get an int'l license: [www.aaa.com/scripts/WebObjects.dll/ZipCode.woa/wa/route?ipstop=yes](http://www.aaa.com/scripts/WebObjects.dll/ZipCode.woa/wa/route?ipstop=yes)
- VACCINATIONS:** Ensure routine vaccinations are current. Before travel, go to a **Travel Medicine Clinic** for vacs and antibiotics needed for the destination country: <http://wwwnc.cdc.gov/travel/page/travel-clinics.htm>
- CURRENCY EXCHANGE:** ATMs are in most major cities abroad. Always travel with money for emergencies, meals, gas, etc. Visit your local bank to convert cash. **Use a currency converter to find out exchange rate for destination country:** <http://coinmill.com/>
- INT'L CALLING CODES:** Find codes to dial internationally from your home country to the disaster-hit country. Or vice-versa, to call from disaster-hit country to USA. **int'l country codes + city and cellular codes, phone books:** [www.howtocalabroad.com/](http://www.howtocalabroad.com/)
- CULTURAL ETIQUETTE, WEATHER, ETC:** For more info about cultural etiquette; weather; health-food safety; animal policies, local law...begin with embassy sites: <http://www.embassyworld.com/embassy/directory.htm>

## VOLUNTEER SUPPLIES — PACKING CHECKLIST

### ► FIRST AID KIT:

- Band-Aid Activ-Flex Adhesive Bandages
- Band-Aid Tough-Strips Bandages, Extra Large
- UltraHeal Multi-Day Dressing 2-3/4in x 3-1/2in
- Band-Aid Advanced Healing Blister, Cushions Mole Skin (to ease blisters)
- Sports Tape Roll, 1.5in x 360in
- Gauze Roll and Gauze Pads / Q-Tips, Cotton Swabs
- Hydrogen Peroxide Pump Spray 4-oz first aid kit size
- Iodine Pump Spray 4-oz first aid kit size
- Rubbing Alcohol Pump Spray 4-oz first aid kit size
- Neosporin Plus Pain Relief, Maximum Strength — First Aid Antibiotic Cream
- Aquaphor Healing Ointment
- Imodium Advanced Multi-Symptom Relief Caplets
- Small Scissors
- Pure Saline Solution For Eye Flush
- Ibuprofen, Advil, Tylenol (nonprescription pain meds)
- Electrolyte Powder Drink, i.e. Gatorade G2 Powder Sticks / Gatorade Perform O2 Powder

### ► PERSONAL SAFETY & HEALTH

- Personal Prescription & Over-Counter Medications
- Hand Sanitizer Flip Top Bottle
- Sterile Baby Wipes
- Antibacterial Body Wash
- Vicks Petroleum Jelly (under nose to mute smells)
- Skin Insect Repellent With: DEET, Picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535
- Permethrin-Containing Insect Repellent For: Netting, Linens, Clothes...
- Mosquito net
- Sun Block SPF 30 / Lip Balm With Sun Block / Sun Protection Hat



## KINSHIP CIRCLE

Animal Advocacy  
Humane Education  
Disaster Rescue/Relief

[KinshipCircle.org](http://KinshipCircle.org)

email: [info@kinshipcircle.org](mailto:info@kinshipcircle.org)

phone: 314-795-2646

7380 Kingsbury Boulevard  
St. Louis, Missouri 63130 USA

## PERSONAL SAFETY & HEALTH, CONT'D

- Sun Block SPF 30 / Lip Balm With Sun Block / Sun Protection Hat
- Hydrocortisone 1% Anti-Itch Cream
- Eye Protection: Sunglasses, Goggles / Eyeglasses Neck Rope
- Eye Moisture Drops (Aqua Tears)
- Contact Lenses (Disposable For Toxic Settings) — Sterilization Solution, Case, Eyeglasses
- Disposable Surgical Masks
- Disposable Latex Gloves
- Baby Powder, Athlete Foot Powder (for humidity)
- Ear Plugs / Knee Pads
- Toilet paper / Feminine Pads
- Towels, Wash Cloths, Bed Sheets
- Personal Toiletries: Soap, Shampoo, Conditioner, Brush, Comb, Hand Lotion, Hair Bands / Clips, Bandanas, Deodorant, Toothbrush/Paste, Small Hand Mirror...

## ► CLOTHING, FOOTWEAR

- 2-3 Kinship Circle Disaster Animal Response Tee Shirts
- Soft Backpack (day trips and on plane)
- Light Sturdy Long Sleeve Shirts (worn under Kinship Circle identification tee, as needed)
- Jeans, Scrubs, Cargo Pants
- Long Light Socks, Extra Socks (Wick-Dry®)
- Cotton Underwear
- Steel Toe Water Resistant Work Boots
- Hip Waders Or Wading Boots
- Change Of Shoes (comfortable shoes) / Shower Shoe (rubber thong)
- Rain Gear
- Belt And Fanny Pack (to hang small gear)
- Waterproof Watch
- Bite-Proof Gloves (thick work glove, durable)
- Hardhat Or Helmet
- Coat, Jacket Or Hooded Pullover (if cold) / GORE-TEX® Thinsulate Breathable Wear

## ► COMMUNICATION, ELECTRONICS, NAVIGATION

- Cell Phone And Charger
- Laptop, Power Cord, USB Aircard, WI-FI Unit & SIM Card (as needed)
- Small And Large Flashlights / Extra Batteries
- Camera, Charger, USB Cord To Upload Photos
- Notepad / Soft Back Journal / Pens / Permanent Markers
- Maps Related To Deployment Area
- GPS Programmed For Region
- Translation Dictionary Or Electronic Translation App

## ► SELF-SUSTAINING AND FIELD GEAR

- Tent (2 person, 4 if possible)
- Sleeping Bag / Sleeping Pad / Air Mattress Or Cot / Space Blanket / Pillow
- Spare Tarp
- Swiss Army Knife
- Rope, Bungee Cords (various sizes) / Carabiners / Zip Ties, Cable Ties
- Duct Tape, Flagging Tape
- Safety Pins
- Superglue (if no suture kit)
- Mess Kit, Utensils (fork, spoon, knife, cup) / 5 Gallon Fold-A-Carrier (folding water bag)
- Matches (strike anywhere type)
- Small Chlorox Bleach (kills fungus like Ringworm) / Travel-Size Laundry Detergent
- Dish Soap, Laundry Soap, Pot Scrubber
- Camelbak(R) All Clear UV Water Purifier / Water Purification Tablets
- MRE-Type Meals / Non-Perishable Snacks (energy-power bars) / Multi-Vitamins
- Vegans/Vegetarians: Protein Bars And Snacks
- Peanut Butter (for consumption or dog traps as needed)
- Chewing Gum, Lifesavers (mouth moist when no water) / Salt Tablets

## ► ANIMAL-RELATED ITEMS

- SLIP LEADS (there are never enough!)
- Animal Meds, Vaccines / Ask for donations from veterinarians
- Flat Collars / Write-On Snap Collars For ID
- Catchpoles / Bite Gloves / Gauntlet Gloves
- Collapsible Crates (that can pack for air travel)
- Vet Wrap / **Any Veterinary Diagnostic, Treatment...Items Able To Pack**