

SUGGESTED TRAVELER'S CHECKLIST

Work Equipment/Info

- FAST manual-needed sections
- Pager
- Spare batteries
- Cell phone/charger
- Phone calling card (for pay phone)
- Support contact numbers
- Forms (travel, time keeping)
- Flash drive
- Laptop with car charger
- FAST vest

Clothing

- Blouses
- Shirts
- Pants (cargo pants-lots of pockets)
- Underwear
- Jacket
- Light raincoat
- Sweater
- Socks
- Walking shoes
- FAST vest

Accessories

- Day pack or fanny pack

Seasonal Gear

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

Notions

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

Documents

- Travel documents
- Picture Identification
- Guidebooks of the area (AAA)
- Maps – Thomas Brothers
- FAST ID card
- Cash and credit cards

Miscellaneous

- Paper, pens
- First aid kit
- Prescription medications
- List of generic names for prescription drugs
- OTC medications
- Chap stick
- Hand sanitizer
- Laundry soap??
- Sewing kit
- Travel alarm
- Mini flashlight
- Battery operated radio
- Food*
- Water**

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.