

# *Supply list for Volunteers of Emergency Medical Missions*

- Current personal medical information
- Scrubs or comfortable working clothes
- Rain ponchos
- Comfortable and sturdy shoes
- Sturdy leather work gloves
- Toiletry kit (chapstick, soap, toothbrush, toothpaste, toilet paper, ibuprofen, aspirin, sunscreen, bug repellent, etc.)
- Prescription eyewear
- Prescription medication
- Towels
- Comfortable shoes for off-duty
- Food and water (enough to sustain you for at least 72 hours)
- Phone and charger
- Sleeping bag
- Sweatshirt
- Cotton socks
- Underclothes
- Plastic sheets
- Candles
- Batteries
- Antibacterial wipes (like Wet Ones)
- Flashlights
- Tape
- Markers
- Pens
- Paper



HOSPITALS *for* HUMANITY