

Essential Items

For Volunteers working with Disaster Relief & Recovery

Whether you are helping to clean-up or to re-build the following items are essential:

- Current tetanus shot
- A completed [Volunteer Agreement and Release](#) form
- A completed [Volunteer Medical Information](#) form
- Long sleeve shirt or T
- Short sleeve shirt or T
- Long pants (no shorts please)
- Leather or heavy work gloves
- Safety goggles
- Head covering (baseball cap, hat or hard hat)
- Insect repellent
- Sunscreen

Prior to your volunteer assignment, the Work Site Crew Chief should let you know whether the following is needed and/or provided:

- N95 face mask with exhalation valve
- Meals (*Your crew chief will let you know if meals are provided; if so, please let them know if you have special food needs*)
- Special tools
- First Aid Kit
- Water and Snacks

You may want think about bringing:

- A towel (especially if it is hot and humid)
- Special snacks and additional water or sports drinks
- Clean clothes to change into for the trip home
- A plastic garbage bag to put dirty clothes in

Finally...

- Label everything you want to take home with you