

Deployment-Ready: A Practical Checklist for Nurses Preparing for Emergencies & Disasters

Use this checklist to quickly assess and strengthen your personal readiness for deployment, emergency response, and disaster operations. Whether you're deploying domestically or internationally, preparedness supports both mission success and personal resilience.

SECTION 1: Personal & Professional Readiness

- Active RN license(s) verified
- Certifications current (BLS, ACLS, PALS, etc.)
- Passport valid (≥ 6 months)
- Immunizations reviewed and updated
- Emergency contact information confirmed
- Personal medical needs addressed (meds, supplies)

SECTION 2: Deployment Documentation

- Government or organizational ID accessible
- Deployment orders / assignment information saved
- Copies of licenses and certifications (digital + paper)
- Travel documents organized
- Insurance and emergency documents secured

SECTION 3: Clinical & Operational Preparedness

- Familiar with austere / resource-limited care principles
- Reviewed disaster triage concepts
- Comfortable with altered standards of care
- Familiar with PPE and infection prevention protocols
- Reviewed role expectations for deployment setting

SECTION 4: Mental & Emotional Readiness

- Personal stress responses identified
- Coping strategies planned
- Support system notified
- Boundaries and self-care plan considered
- Post-deployment decompression planned

SECTION 5: Practical Packing Considerations

- Appropriate uniforms and footwear
- Personal comfort items
- Basic toiletries and medications
- Technology and chargers
- Small items that support well-being

Preparedness is not about perfection, it's about intention. Small steps taken early support safety, effectiveness, and resilience in disaster response.

Please note that this is a basic preparedness list for you to just get started. There are checklists specific to the type of mission you are going to

~**Adventures with Nurse Jamla**