



Hurricane Michael Relief ***Suggestions of What to Bring***

- **Clothes** – Quick-dry is the best. Nylon and polyester will dry quicker than cotton and you will either be wet from sweat or rain.
- **Socks and Underwear** – You will sweat A LOT.
- **Steel Toe Shoes/hiking shoes** - Keep your feet protected.
- **Work Gloves**
- **Eye protection**
- **Water Bottle** – Hydrate. Hydrate. Hydrate.
- **Electrolytes** - No dehydrating allowed. You may want to add flavor to your water.
- **Towel/Wash Cloth** – Quick-dry chamois towels are recommended & they pack compactly.
- **Toiletries** - Tooth brush, Tooth paste, Shampoo, Body wash, deodorant, etc.
- **Mosquito Repellant** – It is Florida!
- **Medications** – If you need medicine, take twice as much as you need and split them in two different containers. (in case you lose one)
- **Sheets or Sleeping bag** – Sheets, blanket, pillow or sleeping bag.
- **Rain Gear** – Most likely, you'll still get wet, but take a poncho or rain jacket.
- **Hand Sanitizer** – Bring a small bottle you can carry with you wherever you go.
- **Contacts/Glasses** – If you wear contacts take an extra pair or glasses as backup. Same with glasses.
- **Sun Protection** – You'll want sunglasses & a hat. Also take water proof / sweat proof sunscreen.
- **Zip-lock** – It's a good idea to have your things packed in zip-lock bags just in case your bag gets wet. Take a few extra as well, they come in handy.
- **Protein/Energy Bars** – This might be your snacks and sometimes meals.
- **Small Battery Operated Fans** – A few of these will definitely help you sleep better at night.