



HUMANITARIAN RELIEF EFFORT

The UNITED SIKHS Aid Team Volunteer Checklist

Prior to departure, complete:

- Online Join Form
- Health History Form
- Volunteer Form (Detailed)
- Volunteer Expectation Form (Signed and Dated)
- Volunteer Liability Form (Signed and Dated)
- 1 hr Online Disaster Relief Training

Packing Checklist:

- UNITED SIKHS Authorized Letter
- Drivers' License & Passport (with valid visa if applicable)
- Sleeping Bag
- Personal clothes, hygiene items, towels, jacket/rain gear (depending on weather)
- Medications: Prescriptions (min. 2-wk supply) Non-prescription: Ibuprofen, acetaminophen, diarrhea cure, antacid, laxative, anti-allergy
- Non-perishable food items (Energy bars etc)
- Any specific personal dietary requirement
- Camera, Flashlight, spare batteries
- Health Insurance Cards and Emergency Contact Information
- Money/Traveler's checks (for personal use)
- Bottle for Water

On Relief Camp Site:

- Report to Camp Director
- Receive assigned tasks
- Fill field reports regularly
- Follow guidelines according to UNITED SIKHS Volunteer expectations

Emergency Contact: UNITED SIKHS (1-888-243-1690)
Kuldip Singh (404-550-8356); Hardayal Singh (930-908-2379)
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