

PRE-DEPLOYMENT CHECKLIST

The following is a **checklist** to assist you in preparing for the unexpected as well as the routine aspects of daily life during deployment. It outlines several essential areas families may want to consider when preparing for a deployment. The transition from team to solo can be facilitated by recording all pertinent information for each of the items on the checklist, such as due dates, locations, policy or account numbers, etc. Checklists for specific areas e.g. Vehicle, Home Maintenance etc. are also available.

LEGAL ISSUES

- Will
- Power of attorney
- Power of guardian
- Life insurance
- List of all important documents and where they are located
- Other relevant insurance

FINANCIAL ISSUES

- Budget (A good resource: financial counsellor)
- Accounts & safety deposit boxes
(Banking access PIN #, keys)
- Investments
- Allotments
- Income tax

HEALTH ISSUES

- Insurance
- Dental plan
- Medical records
- Emergency plan

HOME ISSUES

- Mortgage/rent
- Property tax (Homeowners grant)
- Home insurance
- Utilities
- Security
- Maintenance & warranties

CARS ISSUES

- Maintenance & service records
- Insurance
- Registration & driver's license
- Mechanic

TRAVEL ISSUES

- Passport
- Visa
- Leave pass
- Immunization

PHONE NUMBERS FOR INFORMATION/SUPPORT

- Military Family Resource Centre
(306) 694-2273
- Padres
- Social worker
- Parents/In-laws
- Child's emergency contact
- Family network
- Mission Information Line
(Serving families of deployed
Canadian Military Personnel:
1-800-866-4546)

FOR SPECIFIC CHILD RELATED CONCERNS (ALL ABOVE PLUS)

- Deployment and emergency childcare plan
- Requirements for travel abroad with children when one parent is absent
- Relevant school info

Adapted from Preparing for Deployment Stress – A National Defence publication of the Directorate of Health Treatment Services 2000