



# SAILOR WELLNESS DEPLOYMENT READINESS CHECKLIST

Supporting Navy Families Every Step of the Way

**SAILOR** Sailor's Task   **FAMILY** Family Task   **BOTH** Do Together

## Admin & Legal

### DOCUMENTS & IDS

- |                          |  |               |
|--------------------------|--|---------------|
| <input type="checkbox"/> | <b>Verify passport is valid (6+ months)</b><br>Keep copy at home; sailor brings original                     | <b>BOTH</b>   |
| <input type="checkbox"/> | <b>Update military ID and dependent IDs</b><br>Ensure DEERS enrollment is current for all family members     | <b>SAILOR</b> |
| <input type="checkbox"/> | <b>Make copies of all important documents</b><br>Birth certificates, marriage license, Social Security Cards | <b>BOTH</b>   |
| <input type="checkbox"/> | <b>Store document copies in a secure location</b><br>Fireproof home safe or bank safety deposit box          | <b>FAMILY</b> |

### LEGAL

- |                          |  |               |
|--------------------------|--|---------------|
| <input type="checkbox"/> | <b>Create or update Power of Attorney (POA)</b><br>General and special POA—JAG office assists at no cost | <b>BOTH</b>   |
| <input type="checkbox"/> | <b>Update will and advance directives</b><br>Review and sign before departure                            | <b>SAILOR</b> |
| <input type="checkbox"/> | <b>Review and update beneficiary designations</b><br>SGLI, TSP, and any civilian accounts                | <b>SAILOR</b> |

## Finances

### BANKING & ACCOUNTS

- |                          |  |             |
|--------------------------|--|-------------|
| <input type="checkbox"/> | <b>Set up allotments or automatic bill pay</b><br>Rent/mortgage, utilities, car payment, credit cards          | <b>BOTH</b> |
| <input type="checkbox"/> | <b>Add spouse or trusted family member to accounts</b><br>Banking, credit cards, investment accounts as needed | <b>BOTH</b> |
| <input type="checkbox"/> | <b>Build or confirm emergency fund</b><br>Aim for 3 months of household expenses                               | <b>BOTH</b> |

**Create a deployment budget**

Account for BAH, BAS, and hazardous duty pay if applicable

BOTH

**PAY & BENEFITS****Confirm combat zone tax exclusion eligibility**

Check with unit finance office before departure

SAILOR

**Enroll in Savings Deposit Program (SDP) if eligible**

10% guaranteed return on savings during qualifying deployment

SAILOR

**Verify MyPay banking info and allotment amounts**

Confirm direct deposit routing and any changes

SAILOR

**Medical****SAILOR HEALTH****Complete all required immunizations**

Check with medical or corpsman for deployment-specific vaccines

SAILOR

**Complete dental and vision clearance**

Exams must be within required window before deployment

SAILOR

**Fill all prescriptions — 90-day supply**

Arrange mail-order refills through TRICARE Express Scripts

SAILOR

**Confirm blood type and DNA on file**

Verify records are current in military medical system

SAILOR

**FAMILY HEALTH****Locate nearest MTF or TRICARE civilian provider**

Know urgent care and ER options near your home

FAMILY

**Fill family prescriptions before sailor departs**

Use TRICARE mail-order pharmacy for cost savings

FAMILY

**Schedule any pending medical appointments**

Pediatrician check-ups, specialist follow-ups, dental

BOTH

**Home & Vehicles**

## HOME

<input type="checkbox"/>	<b>Confirm lease or mortgage arrangements</b> Review SCRA protections — may reduce interest rates	BOTH
<input type="checkbox"/>	<b>Service HVAC, plumbing, and appliances</b> Address any known issues before departure	BOTH
<input type="checkbox"/>	<b>Set up lawn care and home maintenance contacts</b> Identify a reliable handyman and emergency repair contacts	FAMILY
<input type="checkbox"/>	<b>Create a home binder with emergency info</b> Circuit breakers, shut-off valves, alarm codes, warranties	BOTH

## VEHICLES

<input type="checkbox"/>	<b>Service all vehicles before departure</b> Oil change, tires, brakes, battery — full inspection	BOTH
<input type="checkbox"/>	<b>Update auto insurance and registration</b> Consider suspending coverage on stored vehicles	BOTH
<input type="checkbox"/>	<b>Prepare stored vehicle for long-term parking</b> Battery tender, fuel stabilizer, proper tire inflation	BOTH

## Communication

### STAYING CONNECTED

<input type="checkbox"/>	<b>Set up a communication plan with family</b> Discuss expected frequency, preferred method, and timing	BOTH
<input type="checkbox"/>	<b>Download and test apps: Zoom, WhatsApp, Signal</b> Test video and audio calls before departure	BOTH
<input type="checkbox"/>	<b>Provide ship or unit mailing address to family</b> Include APO/FPO address and any content restrictions	SAILOR
<input type="checkbox"/>	<b>Purchase calling card or international plan</b> Check carrier deployment programs for discounted rates	SAILOR

### FAMILY READINESS

<input type="checkbox"/>	<b>Connect with the Family Readiness Officer (FRO)</b> Join the Family Readiness Group for updates and community	FAMILY
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**Share unit OMBUDSMAN or FRO contact info**  
Know who to call for official news during communication blackouts

BOTH

**Establish a communication blackout plan**  
Discuss what family should do if contact is lost for a long period

BOTH

## Support & Wellbeing

### EMOTIONAL & MENTAL READINESS

**Have honest conversations about expectations**  
Discuss roles, worries, and responsibilities openly before departure

BOTH

**Talk with children in an age-appropriate way**  
Use books, consistent routines, and activities to help kids cope

BOTH

**Identify your support network at home**  
Neighbors, friends, church community, FRG members

FAMILY

**Know available counseling resources**  
Military OneSource, Fleet and Family Support Center, Chaplain

BOTH

**Plan deployment care packages in advance**  
Coordinate with family and friends; check APO restrictions

FAMILY

**Record videos or write letters for important dates**  
Birthdays, holidays, first day of school — prepare before leaving

SAILOR

## RESOURCES

### OFFICIAL MILITARY SUPPORT

#### Military OneSource

[1-800-342-9647](tel:1-800-342-9647) | [militaryonesource.mil](https://militaryonesource.mil)

Free 24/7 counseling, financial coaching, tax help, and referrals for service members and families worldwide.

#### Fleet & Family Support Centers (FFSC)

[Find yours at cnic.navy.mil](https://cnic.navy.mil)

In-person support at most Navy installations: deployment prep classes, financial counseling, spouse employment assistance.

### **Navy-Marine Corps Relief Society (NMCRS)**

**1-703-696-4904 | [nmcrs.org](https://nmcrs.org)**

Interest-free loans and grants for emergency financial need. Also offers budgeting and financial education.

### **JAG Legal Assistance**

**Contact your installation legal office**

Free legal services including wills, POA preparation, SCRA counseling, and notarization.

## **HEALTHCARE & BENEFITS**

### **TRICARE**

**1-800-444-5445 | [tricare.mil](https://tricare.mil)**

Comprehensive health coverage for active duty families. Use [tricare.mil](https://tricare.mil) to find providers, manage coverage, and order prescriptions.

### **TRICARE Express Scripts (Pharmacy)**

**1-877-363-1303 | [express-scripts.com/tricare](https://express-scripts.com/tricare)**

Mail-order prescriptions — 90-day supply delivered to your door, often at no cost.

### **Defense Finance & Accounting Service (DFAS)**

**1-888-332-7411 | [dfas.mil](https://dfas.mil) / [myPay](https://myPay)**

Manage military pay, allotments, W-2s, and direct deposit through myPay.

### **Savings Deposit Program (SDP)**

**Contact unit finance office**

Deployed service members may deposit up to \$10,000 at 10% annual interest during qualifying deployments.

## **FAMILY & CRISIS SUPPORT**

### **National Domestic Violence Hotline**

**1-800-799-7233 | [thehotline.org](https://thehotline.org)**

Confidential 24/7 crisis support. Also available by text: text START to 88788.

### **Veterans Crisis Line**

**Dial988, then press 1 | [veteranscrisisline.net](https://veteranscrisisline.net)**

Free, confidential crisis support for veterans and service members. Chat and text options available.

### **Military Child Education Coalition (MCEC)**

**1-254-953-1923 | [militarychild.org](https://militarychild.org)**

Resources for military children navigating school transitions, social challenges, and deployment stress.

### **Operation Homefront**

**1-800-722-6098 | [operationhomefront.org](https://operationhomefront.org)**

Emergency financial assistance, transitional housing, and holiday programs for military families in need.

## ONLINE TOOLS & APPS

### **Military OneSource App**

[App Store & Google Play](#)

Access counseling, financial tools, and resources directly from your phone.

### **DEERS / milConnect**

[milconnect.dmdc.osd.mil](http://milconnect.dmdc.osd.mil)

Manage your family's DEERS enrollment, ID cards, and benefit eligibility online.

### **MilTax (Free Tax Filing)**

[militaryonesource.mil/miltax](http://militaryonesource.mil/miltax)

Free federal and state tax preparation for service members and their families, offered through Military OneSource.

### **Deployed Digest / Unit Websites**

*Check your command's official site*

Many commands post news, schedules, and family announcements on official websites or apps.

## **You Don't Have to Navigate Deployment Alone!**

**This checklist is just the beginning. Inside the Sailor Wellness community, you'll find tools, guidance, and real support designed for Sailors and their families before, during, and after deployment.**

**Join the Sailor Wellness community today and stay mission-ready in every area of life.**



[sailorwellness.com](http://sailorwellness.com)