Check it out!

A Predeployment Checklist for Couples

Preparation and communication are the keys to having a positive deployment experience. Planning ahead can prevent partners at home from feeling they have to handle it all alone and service members from worrying about things left undone.

Use this checklist for discussing what you need to take care of BEFORE the deployment begins.

Practical Preparation

- ❒ Dependent ID cards (DEERS verification 1-800-538-9552)
- ❒ Vehicles
  - ❒ Insurance
  - ❒ Registration/Title
  - ❒ City sticker
  - ❒ Base sticker
  - ❒ Inspection
  - ❒ Maintenance
  - ❒ Spouse knows: Tire type and size, oil, battery type, and name of mechanic
- ❒ Wills
- ❒ Power of attorney
- ❒ Updated SGLI
- ❒ Updated Page 2
- ❒ Email Addresses

Financial Preparation

- ❒ Establish a spending plan
- ❒ Once-a-year expenses: personal property, insurance, etc.
- ❒ Utility bills
- ❒ Phone bills (limit on long-distance expenses)
- ❒ Credit card limits for each spouse
- ❒ Budget for gifts/souvenirs, liberty port visits
- ❒ Two separate checking accounts
- ❒ Allotments
- ❒ Direct deposit with split pay
- ❒ Establish savings accounts
- ❒ Set up emergency funds

Emergency Plans

- ❒ Know location of important papers.
- ❒ Set up a plan for emergency care for family members before a situation arises. This will be one less worry for you if an emergency should happen.
- ❒ Someone other than your spouse should have the following information about the active duty member:

Name: _____

Rate/Rank: _____

Command address: _____

SSN: _____

Coping Strategies

- ❒ Plan your days and weeks. Be in charge instead of just letting things happen to you. Alter your attitude to live life each day.
- ❒ Become aware of your support systems: family, friends, family support group, place of worship.
- ❒ Keep physically active. Exercise is a great way to chase the blues away and help you deal with stress.
- ❒ Take good care of yourself and look good.
- ❒ Learn to enjoy time alone. Get to know and appreciate yourself.
- ❒ Learn a new skill. Take a class, get a job, or go back to school.
- ❒ If you use this time wisely, you will have many positive things to talk about both during the deployment and at homecoming.

Phone Numbers

Command _____ Careline _____

Ombudsman Name _____ Phone number _____

Navy-Marine Corps Relief ..... 423-8830 Red Cross 1-877-272-7337

WEBSITE: www.ffscnorva.navy.mil

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

Little Creek • 462-7563
Newport News • 688-NAVY
Norfolk • 444-2102
Northwest • 421-8770
Oceana • 433-2912
Yorktown • 887-4606
After Hours • 444-NAVY

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