

Military Spouse Checklist

A military spouse should be prepared for deployment/separation at all times. If you answer "no" to any of these questions, you and your spouse should make an immediate effort to obtain the items/information that you may need.

- Do I know my sponsor's SSN and personal information?
- Do I have a current Military ID card?
- Are all members of my family enrolled in DEERS?
- Do I have a current Power of Attorney and at least one notarized copy?
- Do I have notarized copies of our marriage and birth certificates?
- Do my spouse and I have Wills? Do our families have copies?
- Do I have a safe place to keep duplicates of important papers?
- Is my vehicle registration, inspection and proof of insurance up to date?
- Is my vehicle registered on post?
- Do I know how to make payments on my vehicle?
- Do I have duplicate keys to my house and vehicle in a safe place?
- Do I know how to get maintenance done on my vehicle?
- Are all members of my family currently enrolled in Tri-Care?
- Are all of our immunizations up to date?
- Do I know how to get routine and emergency medical care?
- Do I have access to a means of support and to all bank accounts?
- Do I know what bills must be paid monthly and how to pay them?
- Do I know who provides my telephone service, water, gas and electricity?
- Do I know who to contact if I need help with the services listed above?
- If I live off post, do I know who my landlord is and how to contact them?
- Do I know how to read an LES and how to obtain a copy?
- Do I know where our tax records are and how to file future returns?
- Are my rental, health, automobile and dental insurance up to date?
- Do I know how to file a claim with my insurance companies?
- Do I know how to file a claim through the military for damaged goods?
- Are there any other services that I may need?
- The local Red Cross phone number is: _____
- My emergency contact from the unit is: _____
- My husband's work number is: _____
- My emergency childcare provider is: _____