



Evidence Inventory

You can't argue with evidence you don't have. Request everything early, keep copies of everything, and never mail your only original.

Record	Where to get it	Have	Requested	Notes
DD-214 / separation documents	milConnect, NPRC (SF-180)	☐		
Service treatment records (STRs)	VA.gov, NPRC, your own copies	☐		
Personnel file (OMPF)	milConnect, NPRC (SF-180)	☐		
VA treatment records	My HealtheVet / VA.gov Blue Button	☐		
Private medical records	Each provider's records office	☐		
Your VA claims file (C-file)	VA Form 20-10206	☐		
Deployment / exposure records	Unit records, orders, exposure records (e.g., ILER)	☐		
Line of duty / incident reports	Unit, personnel file	☐		
Prescription history	Pharmacy printout	☐		
Work impact records	HR: sick leave, accommodations, write-ups	☐		
Buddy / lay statements	See Buddy Statement Kit	☐		
Nexus opinion(s)	See Nexus Request Packet	☐		
Symptom log	This kit	☐		
Photos, awards, evaluations mentioning injury	Your own files	☐		

Filing system: one folder per condition, plus a "general" folder (DD-214, ITF, correspondence). Label every page with your name and last 4 of your file number. Scan everything to a single PDF per condition before you submit.

FIELD TIP

Dig up your military medical profile

My military medical profile documented severe chronic migraines and their effect on my work. That one record turned out to be the proof I needed. Don't stop at treatment notes. Profiles, duty limitations, and anything else showing how a condition affected your work in service can carry real weight.

— SGM J. Kane, 100% service-connected