



AMR Emergency Response Team Recommended 72-Hour Go-Kit

The following is a suggested list of personal items that each individual Emergency Response Team (ERT) member should include as part of their response. You should include enough items to be completely self-sustainable for a minimum of 72-hours of the initial deployment. These items are for emergency responders, not patients or victims.

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| <input checked="" type="checkbox"/> Safety boots | <input checked="" type="checkbox"/> Water purification tablets or household chlorine bleach and medicine dropper |
| <input checked="" type="checkbox"/> Sunglasses | <input checked="" type="checkbox"/> Bedding (sleeping bag, pillow) |
| <input checked="" type="checkbox"/> Climate appropriate clothing | <input checked="" type="checkbox"/> Toiletries / Sundries |
| <input checked="" type="checkbox"/> Clean uniforms (3 ea.) | <input checked="" type="checkbox"/> Toilet paper |
| <input checked="" type="checkbox"/> Rain gear | <input checked="" type="checkbox"/> Non-perishable food items for self (protein bars, canned fruit, high caloric bars, etc.) |
| <input checked="" type="checkbox"/> Undergarments (3 ea.) | <input checked="" type="checkbox"/> Spending money |
| <input checked="" type="checkbox"/> Personal medications (30 day supply) | <input checked="" type="checkbox"/> Driver's license |
| <input checked="" type="checkbox"/> Aspirin, Tylenol, or Ibuprofen | <input checked="" type="checkbox"/> EMS credentials (state, national, CPR, ACLS certification cards) |
| <input checked="" type="checkbox"/> Waterproof matches | <input checked="" type="checkbox"/> Company photo-ID badge |
| <input checked="" type="checkbox"/> 12-hr. light sticks | <input checked="" type="checkbox"/> ERT – AMR/FEMA ID badge |
| <input checked="" type="checkbox"/> Flashlight (wind-up power or extra batteries) | <input checked="" type="checkbox"/> Insect repellent |
| <input checked="" type="checkbox"/> Portable AM/FM radio with NOAA weather freq. | <input checked="" type="checkbox"/> Large duffel bag |
| <input checked="" type="checkbox"/> Cell phone with AC & DC charger and/or pager (optional) | <input checked="" type="checkbox"/> Hearing protection |
| <input checked="" type="checkbox"/> Sprint/Nextel 2-way radio with DC & AC charger (optional) | <input checked="" type="checkbox"/> Hand sanitizer or anti-bacterial wipes |
| <input checked="" type="checkbox"/> Portable GPS (optional) | <input checked="" type="checkbox"/> Work gloves |
| <input checked="" type="checkbox"/> Drinking Water – <i>1 gal. per person per day minimum</i> | <input checked="" type="checkbox"/> Swiss Army-style knife with tools, etc. |
| <input checked="" type="checkbox"/> Towels and washcloths | <input checked="" type="checkbox"/> Compass with whistle |
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Do not become a disaster victim. There may be no electricity, no pharmacies, no food stores, and no other routinely available services. Prepare yourself accordingly. Individuals must be healthy enough to function under severe field conditions, which may include all or some of the following:

- Extended shifts, austere conditions (possibly no showers, housing in tents, portable toilets).
- Extreme weather conditions (long exposure to heat and humidity, lack of air conditioning, extreme cold or wet environments).
- Long periods of standing.

Individuals should not require personal medications that need refrigeration of any kind. Individuals should not have any physical conditions, impairments, or restrictions that would preclude them from participating in the moving and lifting of patients and/or equipment and supplies.