

LWR CERT Personal Equipment

Bag set up-options/suggestions:

(1 of 3 pages)



Helpful tips:

- Prepare your equipment now:
 - Home disaster kit and plan
 - CERT equipment
- Put name tags on bags as bags look alike.
- Items in red are suggested additions to your personal equipment.**
- Ziploc bags will keep supplies dry and help you stay organized.
- Bag arrangement suggestions are included but you must decide what will work best for you.
- Primary Green Bag-Option 1
 - Follow instructions for arranging medical supplies-put medical supplies in one compartment in the green bag.
 - Bag sets of surgical gloves in Ziploc sandwich baggies and put in small compartments in green bag.
 - Put CERT gear (see CERT gear list) in a Ziploc bag and place on top of other items in green bag. Place goggles and head lamp on helmet as shown and place on top of green bag.
 - Arrange other supplies in green bag.
 - Camel Pac (water source)-get cart with wheels to bring water with you or leave camel pac at team assembly area.
- Primary Camel Pac-Option 2
 - Follow instructions for arranging medical supplies and put most of these supplies in the camel pac.
 - Follow gear list and instructions.
 - Put sets of surgical gloves in small camel pac compartments.
 - Use green bag as a reservoir for the other items-put in a cart with wheels or leave at the team assembly area.

LWR CERT Personal Equipment-Medical

(2 of 3 pages)



***Bag like items in Ziploc baggies

**Place medical baggies into large Ziploc bags

- Triage tags (fold each tag with strings inside)
- Triage tape (colors-y, g, r, b)
- Latex exam gloves (multiple sets of 4)
- 10 x 30 Trauma pads
- 4 x 4 gauze pads
- 5 x 9 Combine ABD pads
- Adhesive tape, cohesive roll cling bandage, roll gauze & disposable splint
- EMT scissors/scissors & Tweezers
- Triangle Bandages
- Emergency blankets
- Eye patch
- Biohazard bag
- Water for flushing wounds (Gallon Ziploc)



LWR CERT Personal Equipment-Gear

(3 of 3 pages)



***Helmet-goggles & head lamp (place on top of green bag)

**Place these items in a gallon bag-goes in green bag on top as it's the first thing you need when activated

- Vest
- Gloves (work)
- Badge
- Whistle & knife (multi-function)/lanyard
- Marking crayon (Pocket of vest)
- Radio (Clip to pants)
- Flashlight (Karabiner-oval clip to belt loop)
- Lightweight rain coat/poncho (Pocket of vest)



Supplies:

- Light sticks
- Duct tape
- Hand sanitizer
- Bug spray
- Sunscreen

Additional supplies:

- Snack bars
- Pen and paper
- Hand wipes
- Gallon bags for trash
- Sunglasses
- Towel or bandana
- Tylenol
- Sharpie pen