



**PERSONAL GEAR FOR 7 DAYS IN A DISASTER AREA  
(Adjust for length of expected stay)**

- Personal identification in a waterproof bag
- Major credit card (in case of an emergency)
- Personal medical history, accessible in case of an emergency
- 2 pair duty boots (to be able to swap out when wet)
- Extra boot laces
- Multiple extra LS t-shirts (standard wear)
- Multiple extra uniform pants
- Multiple pairs of white socks (no dye for when wet)
- Multiple changes of personal undergarments
- Rescue Gear & extrication gloves
- Rain gear
- 1 whistle with lanyard
- Scissors and stethoscope
- Hair dryer to dry gear
- Air mattress with inflator or sleeping pad – Large trash bag to store when not in use
- Sleeping bag and pillow – Large trash bag to store when not in use
- Flashlight – small backup
- Work gloves (glass, metal, etc)
- At least 4 zip-lok freezer bags
- Tissue and toilet paper in waterproof bags
- 1 knife – Buck or Schrade
- 2 trailfood – non-perishable
- Personal grooming and bathing needs (travel size)
- 2 Bath towels
- Personal medications for 5 days
- Acetaminophen
- Antihistamine
- Antacids
- Extra eyeglasses/contacts
- Personal vehicle cell phone chargers

**These are suggested items. Remember to pack tightly and use as little space for storage as possible. These items may need to be carried on the unit while working in the area.**