

EMAC EMT Additional Needs List

Deployment Equipment List

Weather radio (crank style or batt. powered)
Batteries
Flashlight
Camping shovel
Pocket knife
Bug repellent
Matches (case) or lighter
Zip Lock style bags small and medium
Black garbage bags (double as rain gear if need by or wrap clothes in)
Watch
Cell phone + charger + extra battery (Car and Wall adaptor)
Small paper pad / pens
Compass
Combo Lock
Sun Glasses

CLOTHES (Minimal)

1 change of clothes per day (extra t-shirts) (cover all skin surfaces against weather and insects)
Long socks + extra socks
Long pants + shorts (with pockets)
Boots (over ankle height) (zipper or lace) (Water tight)(secondary pair for down time)
Shower shoes (flip flops)
Hat with brim
Jacket (with pockets)
Poncho (or raingear) (poncho can be used as shelter)
Thermal clothes (under layer) Warm or cold climate be prepared for temp changes
Blanket/ Sleeping Bag (wool blanket is the easiest)

PERSONAL NEEDS

First Aid kit (for yourself) ibuprofen, Tylenol, Benadryl
Personal medications (7 days minimally...if told going for 7 days pack double just in case)
Sunscreen
Foot powder (i.e. Gold Bond)
Alcohol based antibacterial gel
Baby wipes (that can be used on entire body)(assume it might be your shower)
Enough food for yourself for 7 days MRE's (Refer to deployment Commander)
Protein bars (comparable snacks)
Flavor for water
Small towel
Toiletries
Bar of soap (not liquid as it can leak all over)
Salt packages
Toilet paper (one roll in zip lock bag)

Remember any type of personnel items to sustain self i.e. cigarettes if you smoke

***Mindset should be that you are self sustained and can carry all your gear on your back.