



## CERT Backpack Contents

All of Pleasant Hill CERT grads, to date, have been issued a CERT backpack. When one looks at the size of the backpack and the number of items one is expected to put into the backpack, the question arises, "Where do we put all this stuff?" It is recommended that perishables, like your **snacks, foodstuff, drinking water, and a change of clothing be put in an additional backpack or a hand carried duffel bag** with your name affixed to it. This additional duffel can be left at your CERT Assembly Area/ICP for easy access when it is needed. This allows you to put the more essential items pertaining to reference material, first aid supplies, triage tape, and Search & Rescue items in your backpack.

### Items to be worn:

- Appropriate clothing for the season and expected weather conditions
- Sturdy, comfortable work shoes
- CERT helmet
- CERT vest
- CERT ID Card
- Whistle
- FRS Radio (easily accessible) tuned to your CERT Area's channel
- Leather work gloves

### CERT Backpack Essentials:

- Goggles
- Flashlight (or headlamp for your helmet)
- Extra batteries for your flashlight, headlamp, and FRS Radio (AA batteries)
- Disposable Face Mask, N95 rating
- CERT Mini Field Operating Guide (FOG)
- Notepad
- Pens and pencils
- City map
- Compass
- Chapstick
- Cash & Quarters (for the pay telephone)
- Poncho
- Space blanket (Mylar emergency blanket)
- Large trash bags (2)
- Roll of toilet paper
- Snacks (2 energy bars)

## **First Aid Supplies – possibly in a separate backpack or duffel**

- Hand sanitizer
- Nitrile (preferred) or vinyl protective gloves (non--latex)
- Gauze Pads (2x2 and 4x4)
- Gauze rolls
- Paper adhesive tape
- Triangular bandages (36--40" on the straight (short) sides;; 51--56" on the long side)
- Band-aids and butterfly closures
- Ace bandages
- Alcohol wipes

## **Search and Rescue Supplies**

- Triage Tape (and a dispenser if you have one)
- Crescent wrench (12--14")
- Carpenter's pencil for marking buildings
- Crowbar/prybar (12--14")
- Nylon cord/rope (50')

## **Additional Helpful Items to Consider:**

- Prescription medications and extra glasses (or contact lenses with solution)
- Family contact information
- Light sticks (4)
- Multifunction tool
- Duct Tape
- Matches in a waterproof container
- Sunscreen and sunglasses
- Reusable water bottle
- Round tipped scissors
- Charging cable for your cellular phone
- Roll of yellow caution tape

## **For your Additional Duffel or Backpack**

- Food and water for at least 24 hours
- Change of clothing
- Essential hygiene items, such as soap, toothpaste, toothbrush, moist towelettes, and extra toilet paper
- Garbage bags, and plastic ties for personal sanitation
- Fire extinguisher: minimum UL Rating 2A: 10 B, C (or higher 3A, 40B, C) -- with a metal head and with a hose and nozzle