



**New Jersey  
Emergency Medical Services Task Force  
36 Hour Load Out**

**All items should fit into one (1) bag not to exceed 50lbs and one (1) backpack per person.**

Every member must be compliant with the NJEMSTF Uniform Policy while on duty. If you have not yet received NJEMSTF uniforms, please wear your host agency uniform or **BLUE** EMS/BDU pants with a NJEMSTF polo/ T- shirt or a plain Navy-Blue Polo. Shirts under your uniform should match the uniform, (i.e., if your uniform shirt is blue, your undershirt should be blue as well). Please bring enough clothing for a 36-hour operational period. All off-duty clothing should be appropriate and professional. News media and dignitaries may be on location observing the exercise.

**\*\*Remember, you are representing the team, your host agency, and yourself.\*\***

If you have not yet received your NJEMSTF issued PPE, you are permitted to bring non Task force issued alternatives that are in good working order.

Each member is responsible to monitor the weather prior to the event and be prepared for forecasted conditions.

For this exercise we will be sleeping in a gymnasium on army style cots. Restroom and shower facilities will be provided.

Those who wish to shower are encouraged to bring shower shoes and a swimsuit if desired.

Please ensure all credentials are valid as if you were to be on an ambulance. We will be checking upon arrival at the staging area. (Drivers License, EMT/MICP card, BLS card)

**Uniforms:**

Blue NJEMSTF issued BDU Jacket (1)  
Blue NJEMSTF issued BDU Pants (1)  
Black Belt (1)  
Black Work Boots  
Socks (3 pairs)  
Underwear (3)  
Navy Blue Undershirts (3)  
Navy Blue Job shirt/ sweatshirt  
Rain Jacket  
Rain Pants  
Baseball/ boonie Hat  
Additional EMS Pants  
Navy Blue Polo Shirt

**Off Duty Clothing:**

Weather appropriate lounge wear



**New Jersey  
Emergency Medical Services Task Force  
36 Hour Load Out**

Weather appropriate sleep wear  
Off duty footwear  
Shower shoes/ flip flops

**Gear/Equipment**

NJEMSTF ID Card  
Credentials (CPR, MICP, EMT)  
Watch  
Work Gloves  
NJEMSTF Helmet  
Turn-out Jacket  
Knee Pads  
Eye Protection  
Sunglasses  
Hearing Protection  
Reusable Water Bottle/ camelback or hydration bladder  
Reusable coffee mug  
Notepad  
Pens/pencils/permanent markers/highlighters  
50ft paracord  
Leatherman/multitool  
Knife/Shears  
Flashlight/ Head Lamp with additional batteries  
Clinical Equipment (Stethoscope, Pen light, etc.)  
Shower Towel (fast drying preferred)  
Folding Camp Chair (Optional)  
Pillow with pillowcase  
Blankets/ sleeping bag  
Cell phone charger  
Back-up battery bank  
IFAK  
Sleeping pad/ camping style air pad

Any additional equipment as required by your module manager (radios, computers, etc.)

**Toiletries:**

Deodorant  
Toothbrush  
Toothpaste  
Mouth wash  
Floss  
Shower wipes  
Shampoo  
Bodywash/soap  
Hand sanitizer



**New Jersey  
Emergency Medical Services Task Force  
36 Hour Load Out**

Sewing kit  
Bug spray  
Sunscreen  
Chapstick  
Lotion  
Handwipes/ baby wipes  
Feminine hygiene products  
Eyeglasses/ contacts and solution  
2 days minimum of prescription medications

**Suggested Over the Counter Medications/IFAK:**

Pain Relief (Tylenol, Motrin, Advil, Aleve)  
Imodium/Pepto  
Antihistamine (Benadryl)  
Electrolyte tabs  
Tums/Pepcid  
Allergy Medication (Claritin, Zyrtec)  
Sleep aid  
Band-Aids  
Anti-itch cream  
Triple antibiotic ointment  
Icy hot  
Cough drops  
Tweezers  
Nail clippers

\*\*\*Any additional items you think you may need\*\*\*