

NJ EMS Task Force - Mobility Bag Checklist

"GO BAG" 0 – 24 hour bag

<i>Should be able to fit items into a book bag EMSTF issued gear bag and be able to be carried for a distance.</i>		
ITEM	✓	NOTES
Personal Medications		
Certifications		
Cash/Credit Cards		
Personal ID's & Team ID		
Small Personal Hygiene Kits		
Water Bottle		
Snacks/Energy Bars		
Uniform – 1 Set -Socks –T-Shirt -Pants/Shorts - Sweater		
Eye/Ear Protections		
Turn out Gear/Helmet/ Work Gloves		
Rain Gear		
Flashlight/HeadLamp		
Notepad/Pen/Pencils		
Cell Phone Charger		
Sunglasses		
Baseball /Boonie Hat		
Lip Balm/Chapstick		
Sunscreen		
Insect Repellent		
Knife		
Stethoscope/Clinical Eq.		
IFAK Kit		
Baby Wipes		
Waterless Hand Wash		
Extra Boots/Shoes		
Hand Towel		
Extra Radio Batteries		
Mission Specific Equip.		
MRE (1)		

"GO BAG" 72 + hours bag

<i>Combine additional items into a hiking bag or EMSTF issued gear bag. Should be able to be carried for a distance</i>		
ITEM		NOTES
Sleeping Bag/Pillow/ Blanket		
Additional Uniforms Additional Civ. Clothing Underwear/Socks Sleeping Clothing		
Boots/Shoes/Sandals		
Toiletries		
Extra Batteries		
Zip Lock/Garbage bags		
Toilet Paper		
Duct Tape		
Sewing Kit		
Towels/Wash Cloth		
Female Products		
550 Para cord		For hanging wet items
Books/Laptop/Tablet		
Personal Medical Kit		
Night light/Glow Sticks		
Cold Weather Gear		
Hot Weather Gear		
Over the counter Meds		
Eye glasses/Contact Lens		
Food/Snacks		
Hydration Bag		

Remember to pack any additional issued equipment for working your assigned module.

Pre-Deployment Checklist
Pay Bills, Inform Family/Friends
Arrange Child ,Elder & Pet care
Personal Health Considerations
Communicate with work/volunteer agency.

