The following is a suggested list of personal items that each individual Emergency Response Team (ERT) member should include as part of their response. You should include enough items to be completely self-sustainable for a minimum of 72-hours of the initial deployment. These items are for emergency responders, not patients or victims.

- Safety boots
- Sunglasses
- Climate appropriate clothing
- Clean uniforms (3 ea.)
- Rain gear
- Undergarments (3 ea.)
- Personal medications (30 day supply)
- Aspirin, Tylenol, or Ibuprofen
- Waterproof matches
- 12-hr. light sticks
- Flashlight (wind-up power or extra batteries)
- Portable AM/FM radio with NOAA weather freq.
- Cell phone with AC & DC charger and/or pager (optional)
- Sprint/Nextel 2-way radio with DC & AC charger (optional)
- Portable GPS (optional)
- Drinking Water – 1 gal. per person per day minimum
- Towels and washcloths
- Water purification tablets or household chlorine bleach and medicine dropper
- Bedding (sleeping bag, pillow)
- Toiletries / Sundries
- Toilet paper
- Non-perishable food items for self (protein bars, canned fruit, high caloric bars, etc.)
- Spending money
- Driver’s license
- EMS credentials (state, national, CPR, ACLS certification cards)
- Company photo-ID badge
- ERT – AMR/FEMA ID badge
- Insect repellent
- Large duffel bag
- Hearing protection
- Hand sanitizer or anti-bacterial wipes
- Work gloves
- Swiss Army-style knife with tools, etc.
- Compass with whistle

Do not become a disaster victim. There may be no electricity, no pharmacies, no food stores, and no other routinely available services. Prepare yourself accordingly. Individuals must be healthy enough to function under severe field conditions, which may include all or some of the following:

- Extended shifts, austere conditions (possibly no showers, housing in tents, portable toilets).
- Extreme weather conditions (long exposure to heat and humidity, lack of air conditioning, extreme cold or wet environments).
- Long periods of standing.

Individuals should not require personal medications that need refrigeration of any kind. Individuals should not have any physical conditions, impairments, or restrictions that would preclude them from participating in the moving and lifting of patients and/or equipment and supplies.