

Bainbridge Prepares Volunteer Go Bag Checklist

All Teams, in backpack

- Team Vest
- Water bottle
- Snacks
- Water purification tabs or LifeStraw/Sawyer Mini
- Headlamp
- Notepad
- Sharpie, Pens, Pencils
- Duct tape
- Whistle
- Utility Knife
- Lighter
- Mylar blanket
- Ground sheet/pad
- Poncho
- Toilet paper
- FRS radio, HAM radio (if licensed)
- PPE, N95s/non-latex gloves
- First aid kit (personal)
- Hand sanitizer
- CPR mask
- Trauma sheers
- Tourniquet
- Pressure Bandage
- Gauze & pads (rolled & 4x4)
- Elastic (Ace) wrap
- Triangle bandages
- Saline spray
- Blister bandages
- Cold & Hot packs
- Analgesic, Aspirin/NSAID
- Benadryl
- Glucose gel, Honey, Fruit gel
- Alcohol swabs

CERT/DAT

- Hard Hat
- Chalk/Lumber crayon
- Non-sparking multipurpose tool
- Work Gloves
- Safety Goggles

MRC

- Trauma kit
- Advanced First Aid kit
- SAM Splint
- Pulse Ox
- Stethoscope
- BP Cuff
- Pen light
- Suturing Kit
- Trash bags

