



# SMAT

## Standard Guideline

### Personal Equipment List for All Responders

Personnel should establish two bags. One being a DAY PACK that should be carried in a (backpack style) bag. Day packs should contain items for 24 hour period. All other items needed to withstand the deployment period should be carried in a (duffle) type bag.

Quantities below are based on a (3) day deployment. Adjust quantities based on deployment length.

#### Clothing:

- (3 pair) Pants acceptable for working conditions. Trousers, BDU etc.
- Sweatshirt with appropriate team markings
- (3) T-shirts with appropriate team markings
- (3 pair) Socks, wool or synthetic
- (3) Underwear
- Large Bandanna
- Cap
- (1 pair) Boots, combat or work
- Parka or Jacket, rain or 60/40 shell
- Rain pants

#### Clothing (Cold Weather):

- (1) Wool shirt or sweater
- Coat, winter (polar guard or synthetic)
- Underwear, long (Synthetic, wool, silk)
- (1) Wool cap
- Gloves or mittens (Wool or synthetic)

#### Sleeping Gear:

- Sleeping bag (synthetic or down)  
May substitute sheet & poncho liner during hot weather)
- Foam pad (optional)
- Ground cloth

#### Cooking & Food:

- Mess kit (plate, cup, and bowl)
- Knife, fork, and spoon
- 24-hour emergency rations
- Water purification tablets (optional)
- (2) One quart canteens w/ belt

#### Issued when appropriate:

- Hard hat
- Hearing protection
- Eye protection

#### Personal Equipment:

- Gloves, leather (must be with person all times)
- Head lamp (optional)
- Small Flashlight (mist be with person all times)
- Extra bulbs for flashlight
- Extra batteries for flashlight
- Waterproof matches or waterproof case
- Safety pins
- Sun glasses
- Pocket knife
- Team ID, driver's license, license or Pre-hospital credential
- List of medical diagnosis, allergies & chronic medications
- Money
- Pocket notebook and pencil
- Contact lens or prescription glasses
- Sewing kits
- Folding Scissors
- GI can opener (Optional)
- Shampoo
- Tooth paste
- Tooth brush
- Comb or brush
- Razor with blades
- Shaving cream
- Toilet paper
- Tampons or sanitary napkins
- Towel
- Lip salve
- Hand lotion
- Sun screen
- Insect repellent
- Foot powder
- Moleskin
- Rubbing alcohol (foot care)
- Personal medications
- Laundry bag

## **Suggested Packing List and Configuration for Deployment Equipment**

### **24 Hour Bag/Backpack (Consider a bag with a built in Hydration system)**

- 1 Full Change of Work Cloths (Layers appropriate for weather, consider athletic under layers to control moisture)
- Cloths to sleep in
- Weather Appropriate Jacket/Rain wear
- Work Gloves
- Flashlight with extra batteries
- Headlamp with extra batteries
- Hat
- Your Prescription Medications
- Personal First Aid Kit
- Food for 24-36hours (ie an MRE and multiple high cal/protein/carb snacks)
- At least 1 liter of water
- Water flavoring options
- Toiletries and Towel
- Cash in small bills
- Additional form of ID and copies of your Professional License/Certifications
- Pre-paid long distance calling cards
- Small blanket
- Small Drop cloth, tarp, or survival blanket
- Sunscreen
- Bug Spray
- Hand sanitizer
- Note pad, pens, and markers
- Duct Tape
- Utility Tool/Scissors
- 25-50ft of cord
- Several chem-lites
- An inventory of items

### **Deployment Bag**

- 2-3 Full changes of Work Cloths (Shirt, pants, socks, underwear, moisture layers)
- Extra pair of boots if available
- Closed toed shoes for downtime (no flip flops)
- Bedding items (Sleeping bag, pillow, blanket, mattress pad)
- Additional water, food, and snacks
- Towel, hand towel, and wash cloth
- Baby whips
- Foot spray
- “Febreeze” Disinfectant type sprays
- Consider ear plugs and an eye mask for sleeping
- Spare plastic/trash bags for dirty items
- An inventory of items

For both bags, consider packing items in zip-lock type bags for organization and to provide water resistance.