DMAT FL3
PERSONAL EQUIPMENT LIST

Personal Equipment List

The National Disaster Medical System is a joint partnership between the following administration and departments.

- Federal Emergency Management Administration
- Department of Veterans Affairs
- Department of Defense
- Department of Health and Human Services,

While the Department of Health and Human Services at the present time can not recommend nor mandate obtaining the necessary items for deployment, it is understood that the inability to obtain the necessary items for personal sustainability may limit deployment eligibility.

In advanced preparation for a deployment (typically, two weeks), it is recommended that you consider the items that are listed as they are provided to you based on practical needs, input from other response teams and past deployment experiences. As the federal caches are being regionalized, your response team may not have the benefit of being aligned with a cache in transit and therefore, will not be able to draw upon its resources for support.

To further assist you in preparation, it would be helpful for you to understand the basic three bag system.

The "**Transit Bag** ", "**Ready Bag**" and the "**Main Gear Bag**", are the three bags that are being proposed for your deployment system. Both the **Transit** and the **Ready Bag**" (i.e, ALICE pack, Backpack, etc.) **must remain with you**, at all times.

The "**Transit Bag**" will be used to facilitate easier access to commonly used items. The "**Ready Bag**" will contain the items necessary to support yourself for a minimum of 72 hours.

The "**Main Gear Bag**" (Duffle bag or similar system) will contain your additional support items for the remaining two weeks. Be aware that the "**Main Gear Bag**" **may not** be accessible after stowage for air or ground transport.

- REMEMBER to Stow all Sharps (i.e. Scissors/Foldable Knife)

Remember!

- Be prepared and anticipate the worst.
- If you cannot afford to lose it…. don't bring it.

Transit Bag (1)

☐	Transit Bag	Soft-side shoulder bag / backpack / briefcase
☐	NDMS ID	NDMS ID card and ID neck pouch with breakaway lanyard
☐	Drivers License	
☐	Gov. Issued Credit Card	
☐	Health Insurance Card	
☐	Emergency Contact Card	
☐	Cash/Credit Card	
☐	Pens/Pencils/Notepad	
☐	Permanent Marker	
☐	Prescription Glasses	Spare pair of prescription glasses (if applicable)
☐	Sunglasses	
☐	First Aid Kit	Pouch with rubber gloves, sanitizing wipes, antibiotic ointment, adhesive & gauze bandages, bandage tape, "Moleskin", basic care items.
☐	Medication, OTC	Pain/fever reducers, antihistamines, anti-diarrheal, antibiotics, motion sickness, etc.
☐	Medication, Rx	4-Weeks prescribed medications in labeled prescription containers
☐	LED Headlamp	LED Headlamp using "AAA" batteries in small pouch
☐	3-1-1 Bag	Shampoo, antiperspirant, tooth brush/paste, insect repellent, SPF30 sunscreen, SPF30 lip balm, hand sanitizer, hand lotion, moist towelettes, personal tissue packs (Liquids/Gels in 3oz or smaller containers)
☐	Bandanna/Handkerchief	
☐	Large cotton bandanna or handkerchief	
☐	Snacks	Energy bars and/or similar packaged food preparations
☐	Watch	(Water Resistant/Waterproof)

Items for considered inclusion;

- ☐ Dog Tags
- ☐ Wallet / Billfold
- ☐ Passport
- ☐ International Certificate of Vaccination
- ☐ Brief Relief System
- ☐ Travel transformer / adapter (International travel)
- ☐ Cell Phone & Charger

Ready Bag (2)

- ☐ Ready Bag 21L x 14W x 10H
  - o Nylon soft bag, external pouches, tuckable shoulder straps
- ☐ Sleeping Bag 12L x 8 Diameter
  - o Bag with 30 degree rating/compression sack
- ☐ Camping Pillow 8L x 4Dia
  - o Compressible camping pillow in stuff sack
- ☐ Poncho 10L x 7W x 1.5H
  - o Waterproof 96L x 56W with snaps & grommets
- ☐ 1st (Travel) Uniform 2-Gal zip-top bag
  - o BDU Blouse
  - o BDU Trousers
  - o Uniform Belt
  - o Team Shirt
  - o Underwear & Socks
- ☐ 2nd Uniform 2-Gal zip-top bag
  - o BDU Blouse
  - o BDU Trousers
  - o Team Shirt
  - o Underwear & Socks
- ☐ Boots
  - o Safety-toe work boots (Minimum 8” high)
- ☐ Sweatshirt 1-Gal zip-top bag
- ☐ Thermal Underwear 1-Gal zip-top bag
  - o Insulated long sleeve shirt
  - o Insulated long underwear
- ☐ Cap and insulated gloves 1-Gal zip-top bag
  - o Ski cap (fits inside work gloves [i.e.Beanie Cap, Watch cap]
- ☐ Insulated glove (fits inside leather work gloves)
- ☐ Safety Equipment
  - o Leather work gloves
  - o Eye protective goggles (ANSI approved)
  - o Hearing protection ear plugs
  - o Dust masks
  - o N-95 Respirator
  - o Whistle & lanyard
  - o Light, Chemical, White
- ☐ Towel & Swimsuit 1-Gal zip-top bag
  - o Terrycloth towel or Sports Towel
  - o Swimsuit
- ☐ Razor/Comb/Mirror
  - o Shaving equipment
  - o Comb
  - o Mirror
- ☐ Compass with mirror in folding cover
- ☐ Hygiene Products 1-Qt zip-top bag
  - o Moist Towelettes (Handy Wipes)
  - o Personal tissue packs and/or toilet paper
  - o Feminine Hygiene products (4 weeks)

- ☐ Breakfast Food — 1-Qt zip-top bag
  - Instant Grits/Oats
  - Coffee/tea/chocolate.
- ☐ Plastic Cup & Spoon
- ☐ MRE's — Self-seal pouch
- ☐ Canteen/Water Bottle
  - BPA Free plastic canteen or Nalgene water bottle
- ☐ Water Purification Tablets
  - Bottle / Package of water purification tablets
- ☐ Water Filter Pump — 8L x 4Dia
  - Water purification filter pump
- ☐ Mosquito Netting & Hat
  - Mosquito netting to go over boonie hat
- ☐ Cord/clothes pins
  - 20 feet of para cord (aka "550", with 7 interior stands) with a minimum 3/16" diameter
  - Clothes pins x 10
- ☐ Sewing/Repair Kit
  - Thread, needles, buttons
- ☐ LED Flashlight
  - LED Flashlight using AA or AAA batteries
- ☐ Batteries
  - AA batteries/AAA batteries
- ☐ Brief Relief System

- ☐ Civilian Travel Clothes — 2-Gal zip-top bag
  - Trousers
  - Polo shirt
  - Underwear
  - Socks
- ☐ Tennis/walking shoes — 2-Gal zip top bag
  - Suggested for either Transit or Ready Bag

Main Bag (3)

☐ Main Bag	22L x 14W x 10H	Rigid frame bag w/ wheels, expandable to 12H
☐ Sleeping Pad	20L x 4 Dia.	Self-inflating open-cell foam pad 72L x 20W x 1H
☐ Tent (2 Person)	19L x 7 Dia.	Free-standing 2-person tent o 87L x 60W x 45H with fly
☐ 3rd Uniform	2-Gal zip-top bag	o BDU Blouse o BDU Trousers o Team Shirt o Underwear o Socks
☐ 4th Shirt	1-Gal zip-top bag	o Team Shirt o Underwear o Socks
☐ 5th Shirt	1-Gal zip-top bag	o Team Shirt o Underwear o Socks
☐ 6th Shirt	1-Gal zip-top bag	o Team Shirt o Underwear o Socks
☐ 7th Shirt	1-Gal zip-top bag	o Team Shirt o Underwear o Socks
☐ Multi-purpose tool (Gerber, Leatherman, etc) with folding lockable blade		
☐ LED Flashlight (LED Flashlight using AA or AAA batteries)		o AA batteries (Qty: 20) o AAA batteries (Qty: 20)
☐ Laundry Detergent	1-Qt zip-top bag	o Powder detergent & anti-static sheet for two wash loads
☐ Hygiene Products	1-Gal zip-top bag	o Shampoo and other personal hygiene products o Moist Towelettes (Handy Wipes) o Personal tissue packs and/or toilet paper o Feminine Hygiene products
☐ Plastic Bags, Ties, Misc items	1-Qt zip-top bag	o Garbage & zip-top bags, rubber bands, cable ties, clothes pins x 10
☐ Hydration Bladder (18L x 8W x 1H)		o 3-Liter hydration bladder & drinking tube (i.e. CamelBak®)
☐ Meals Ready to Eat		o Individual Package (Qty: 3)

Cold Weather Deployment (NDMS)

Under Development

Prohibited Items (Monitor TSA Website for the most recent updates)

Alcohol / illegal Drugs / Electrical Appliances / Firearms / Large Knives / Flammable liquids Sterno Heaters / Strike anywhere matches / Makeup / Jewelry / Earrings / Purses / Large Sums of Money / Suitcases / Picnic Coolers / Tents

No knives or knifelike items of any size, or made from any material, are permitted on flights. Items such as ice picks, straight razors, and elongated scissors are also prohibited.

Visit the Transportation Security Administration Website for up-to-date information.
http://www.tsa.gov

DMAT Supplied Items

BE ADVISED

While these items are available in the Basic Load (cache), this equipment may not be available to you if you are not initially aligned with a cache.

* Hearing Protection
* Eye protection (Goggles)
* Head lamp / Batteries
* Sleeping bag
* Mosquito netting & cot

DOG Tags (Member Supplied)

SMITH, JOE
999-99-9999
Religion
Blood Type

Review NDMS uniform guideline.

- Need to obtain a set of dog tags**.**
- If you have a diagnosis/allergy that requires notification, you can either engrave a separate dog tag (RED) or attach an Alert tag to the dog tag chain. In addition, you must have an emergency card with you at all times.
- Do not add any additional information to the dog tag.
- May consider purchasing dog tag “silencers” to silence the noise of the two dog tags hitting each other.

Civilian Air (Weight Limits) **

(40 lbs. / 32 kg)

Valet Closet: 4”x 23 ½” x 45”
Overhead: 10’ x 16” x 24”
Under Seat: 8” x 16” x 21”

The two carry-on items must easily fit either under the seat in front of you or in the overhead bin. All carry-on items must fit easily in a Size Wise™ unit (approximate dimensions 22" x 14" x 9") and must weigh less than 40 lbs. Check with airline that has been designated for travel.

Checked Baggage Items cannot exceed these size (length + height + width) limits: 1st bag - 62"
*** *** Subject to change

For Checked Baggage, try to maintain a weight no greater than 50 lbs.

Department of Defense (Weight Limits)

(66 lbs. / 30 kg)

Important Note

This information is subject to change. If you have any questions about the type of clothing, equipment related issues or what is acceptable, please do not hesitate to contact a member of the command staff.