



Lakewood Ranch Community Emergency Response Team

Optional Field Gear

We are one of the best equipped CERT organizations around, and have provided our members with more than enough essential personal and team gear to function effectively during a disaster. Some members, however, like to supplement their personal gear. Here are some suggestions:

- ❑ **CERT Field Operating Guide**
96 waterproof Rite in the Rain pages, 4.5"x7", spiral bound, contains most of the first aid and rescue procedures and diagrams from your CERT manual. Hang it on your backpack. \$10.95 from www.rescue-essentials.com.
- ❑ **Luggage cart to wheel your CERT gear to the assembly area.**
- ❑ **ThermaCELL Mosquito Repellent Device**
Alternative to applying mosquito repellent. Device uses protected flame from small butane cartridge and emits mosquito repellent. Used by hunters and campers. Attach it to your pack. Suggested by East Manatee Fire Rescue for storm disaster work outdoors in mosquito infested areas. Camper's Starter Kit contains device, holster, and 2 additional refills. \$39.99 special at www.thermacell.com.
- ❑ **Helmet headlamp**
While we don't operate at night, we do conduct indoor structure searches when skies may be overcast and electrical power may be out. To keep hands free, a battery powered headlamp that clips or straps to your helmet may come in handy. Check Home Depot, Lowe's, Ace Hardware or online (e.g. www.rescue-essentials.com) for different options. Those with separate battery packs, or battery packs at the rear, are a bit more bulky. Be aware that elastic straps may slip off our helmets and may need to be held in place with duct tape, double-sided tape or Velcro.
- ❑ **SAM Splints**
These are light-weight, bendable, moldable, and reusable padded splints that come in different lengths. An 18" flat-packed Junior size (\$7.99) would work for forearms, wrists, ankles, hands, feet, etc. and slips nicely in your backpack. Pick up a roll of cohesive wrap (3"x5 yards, \$2.00) to hold the splint in place, or use roller gauze. 36" SAM Splint is for legs, comes rolled, and takes up a bit more room in a backpack. SAM Splint User's Guide (\$1.99) shows how to use the splints and the many ways they can be useful. One supplier is www.rescue-essentials.com.

- ❑ **CERT All-Weather Pocket Notebook**
100 waterproof Rite in the Rain lined pages, 3"x5" spiral bound. \$3.85 from www.rescue-essentials.com.
- ❑ **EMS Vital Statistics All-Weather Forms Pocket Notebook**
100 patient information forms printed on waterproof Rite in the Rain pages, 3"x5" spiral bound. Jot down important identification information about the injured that you treat, including their name, address, symptoms, vital signs, medications, allergies. Lined notes section on the back of each form. \$3.85 from www.rescue-essentials.com.
- ❑ **CERT All-Weather Forms Book**
Contains multiple copies of the standard CERT forms, printed on Rite in the Rain waterproof paper. Pages are pre-perforated. Contains Communications Plan forms, Damage Assessment forms, Personnel Resources forms, Equipment Resources forms, Incident Briefing forms, Post-Incident Status forms, Victim Treatment Area Records, Assignment Status forms, Message Forms, blank grid paper. \$4.25 from www.rescue-essentials.com.
- ❑ **Aquamira Chlorine Dioxide Water Purifier Tablets**
These do not contain iodine, which some people are allergic to. Each packet contains 12 tablets, and each tablet will treat 1 liter of water. They take 4 hours to become effective, which is somewhat limiting. About \$7 from www.rescue-essentials.com or www.campmore.com.