

A Final Note

Maybe all of this preparation is just the hyperactivity of a psychologically-oriented mind. (Greenstone & Leviton, 2011). Who knows? I've got my bag! Or, maybe we need to get our heads out of the sand, and readjust to the real world for which we need to prepare.

FIGURE 8.1 – FIELD PERSONAL EQUIPMENT CHECK LIST
THE 2-3-4 RULE (2010)

The 2-3-4 Rule

2 bags
One personal small bag to be carried (Ready Bag)
One large bag to be shipped or palletized (Main Flight Bag)

3 days of food, one MRE meal

4 quarts of water with one quart in Ready Bag

FIGURE 8.2 – WHAT TO BRING

What to Bring

The following list is to use when preparing for deployment. This list is devised so that all deployed team members are self-sufficient and able to care for themselves.

- Two bags are to be utilized. First, a large MAIN BAG for shipping or for palletization which will probably not be available in transit or for up to several days. This bag needs to be rugged and smart in design with a capacity of 4500 cubic inches or better.
- The second bag is a smaller READY BAG to carry items needed in flight. The Ready Bag is your carry-on with personal items. Remember your Ready Bag must meet commercial air carriers requirements for overhead bins if flying. Most folks use a backpack.
- Make sure your name is on both bags.
- The Main Flight bags must weigh less than 50 pounds if flying commercial.