

- Flash light/s with spare batteries. 1–2 each
- Personal first aid kit 1 each

PERSONAL GEAR

- | | |
|------------------------------|-------------------------|
| Razor/blades | Shaving Cream |
| Toothbrush/paste | Sunscreen |
| Comb/brush | Deodorant |
| Shampoo | Bar soap |
| Hand lotion | Hand wipes |
| Facial tissue | Toilet tissue |
| Eye wash (Visine) | Lip balm |
| Insect repellent | Dog tags |
| Medication (14 day supply) | Glasses and sun glasses |
| Foot Care (moleskin, powder) | Detergent (clothing) |

MEDICAL EQUIPMENT

(as required and authorized by your training and specialty)

- Stethoscope 1 each
- Trauma shears 1 pair
- Bandage shears 1 pair
- Pen light. 1 each
- Pens 5–6 each
- Note pads. 1–2 each
- Latex gloves. Several

PERSONAL FIRST-AID KIT

Every member should carry a personal first-aid kit in the left cargo pocket of their BDUs. Your items will fit nicely in a small zip lock bag and should include:

- Band-Aids 12 each
- 2" x 2" or 3" x 3" gauze 6 each
- Betadine pads 6 each
- Moleskin 1 each
- Small roll of gauze 1 each
- Triangular bandage. 1–2 each
- Antibiotic ointment 4 each