

# MERT

Marion County Emergency Radio Team



Volunteers in service to:  
Marion County Sherriff's Office  
Division of Emergency Management

## **Go Bag Recommendations for all MERT Deployments at Shelters, MCC, etc.**

The following items are recommended personal inventory supporting your time deployed at a Shelter, with the MCC or supporting POD's.

- ✓ **Prepare for at least 3 days (Hurricanes can stall or move slowly)**
- ✓ **Personal Identification**
  - Driver License
  - MCSO Volunteer Badge
  - MERT Uniform (shirt, long pants, leather/closed toe shoes, ball cap)
  - Printed list of your medications with dosage including Name and Emergency Contact(s)
- ✓ **Medicines and Personal Medical Equipment**
  - Bring at least a 5-day supply of medications
  - Medical equipment as necessary
    - If 110 VAC powered – bring extension cord as power may not be close
    - If battery powered – include spare batteries and/or chargers
    - Include appropriate supplies, cleaners, etc. for operation
- ✓ **Material Storage**
  - Large duffel bag(s) or multiple plastic containers with lids for easy transportation and storage of your personal belongings
- ✓ **Food and Water**
  - In most cases, Shelters will have basic food and water resources available. However, Shelters can and do run out of these items. Be prepared.
    - Water (1 gallon)
      - Smaller plastic containers are recommended as they can be easily refilled from other resources while available
    - Snacks and non-perishable foods of your choice
      - Canned beans
        - (With a long shelf life and high nutrient content, canned beans are smart non-perishable food choice.)
        - Small manual can opener
      - Peanut butter or other Nut butters
        - Crackers, chips or bread

- Dried fruits and vegetables
    - Dried Vegetables, Dried Fruit or Dehydrated Foods can be reconstituted by adding water.
    - Do not expect having access to hot water
  - Canned or packaged fish and poultry
    - Bring spoon and fork
    - Small manual can opener
  - Nuts and seeds
  - Grains
  - Canned vegetables and fruits
  - Jerky
- ✓ **Clothing (3 - 4-day supply)**
  - Personal clothing changes
    - Shirts or blouses (short & long sleeve)
    - Trousers or Pants (long)
    - Socks and Underwear
  - Jackets and/or sweaters
    - Light to moderate weather covering (appropriate for season)
    - Rain types – Jackets or Poncho
- ✓ **Personal Hygiene (3 – 4-day supply)**
  - Toothbrush and toothpaste
  - Mouthwash
  - Dental floss or Pics
  - Lip Balm
  - Deodorant
  - Facial and toilet tissue
  - Personal hygiene items
  - Hairbrush or comb and small mirror
  - Hand lotion and hand sanitizer
  - Bar or liquid Soap (antibacterial is recommended)
  - Disposable wipes, Towelette or wash clothes for bathing
  - Plastic bags for trash
- ✓ **Sleeping Supplies**
  - Microfiber blankets (sufficient for facility and time of year)
  - Sleeping bag
  - Cot, inflatable air mattress, foam padding, etc
  - Small fan - battery or ac powered as spaces can get warm