

MERT

Marion County Emergency Radio Team



Volunteers in service to:
Marion County Sheriff'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 and/or Pics
 - Lip Balm
 - Deodorant
 - Facial wipes
 - Personal hygiene items (toilet tissue, etc)
 - 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 (or see above)
 - Small camping cot, inflatable air mattress, foam padding, etc
 - Small fan - battery or ac powered as some Shelter spaces can get warm
- ✓ **Personal Resources**
- Personal cellular telephone and charger
 - Flashlight