

CRU Responder Equipment Checklist For Deployment

Recommended items (Personalize the list to your needs)

Gear:

- Backpack (good quality)
- Sleeping bag
- Stuff sacks for sorting items
- Ground pad/bed roll sheet & pillow
- Water bottle & Collapsible container
- Water purification filter & tablets
- Flashlights, Headlamp
- Extra batteries
- Watch
- Pocket knife
- Compass / GPS device
- Ear plugs
- Notebook & pen (Rite in the Rain)
- Para cord- 50'
- Helmet
- Duct tape (regular & Gorilla brand)
- Mylar blanket
- Toiletries (toilet paper, baby wipes, hand sanitizer, soap shampoo, tooth paste - brush/comb, razor, nail clippers, mirror)
- Large trash bags
- Ziploc bags
- Waterproof matches
- Disposable lighters / Fire steel
- Plastic drop cloth & small camping tarp
- Carabineers (get 2 that are climber grade)
- Sharpie markers
- Knee pads

Clothing:

- Boots/sturdy shoes
- Cotten & Wool socks
- Rain Gear (Gortex / FrogToggs / poncho)
- Hat(s)
- Work Gloves (leather, Mechanix)
- Towel & Wash cloth
- Laundry stuff sack waterproof marker
- Sewing kit
- Sunglasses
- Bandana
- Jacket / Coat
- Underwear
- Thermal clothing (polypropylene for winter deployment)

Safety equipment:

- Fluorescent vest
- Light Sticks (green or yellow)
- Flashlight with strobe or flash setting
- Small AM/FM / Weather Radio
- Survival Whistle w/ lanyard
- Pepper Spray

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First Aid / Medical: (You need to carry a well equipped first aid kit. Don't depend on CRI or Red Cross supplies.)

- Personal Medications
- Extra glasses / contact lenses
- Basic First Aid kit
- Trauma kit, tourniquet
- Sharp pocket knife / scalpel
- N95 masks (2)
- Surgical gloves
- Hand Warmers
- Cold pack, Hot pack
- Mylar blanket
- Sun block
- Medications (Acetaminophen, Ibuprofen, anti-acid, vitamins, Anti-diarrhea, etc.)
- Bug spray
- Chap Stick
- Vitamins
- Antibiotic ointment
- Mole Skin sheet
- Electrolyte packets
- Dental floss
- Tweezers
- LED flashlight, light stick

Tools:

- Knives - fixed blade & folding knife
- Multi-tool
- Machete or Hatchet
- Army Shovel or Entrenching tool
- Sharpener for knife
- Small Pry Bar

Personal Documents:

- Driver's license/Passport
- Certifications (First Aid, CPR, etc.)
- Immunization record
- Pre-paid phone card
- Cash (in small bills, roll of quarters)
- Water Proof Bag for documents.
- Contact Information on laminated card or flash drive

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Food & Cooking Gear

- Meals for three days (recommend freeze dried or dehydrated pre-packaged meals; MREs)
- 3 gallons water
- 5 hour energy drink, electrolyte mix
- Protein bars, cheese & crackers
- Instant coffee, tea
- Jerky, Tuna in packets, nuts, etc.
- Eating Utensils, metal cup
- P-38 can opener
- Small cook stove & fuel
- Aluminum foil

Note - Building your deployment bag: I recommend that you make a detailed list of all the equipment you currently have and another list of the equipment you need to get. Then prioritize your needs list and start purchasing the equipment a little at a time.

Recommended Skill Sets To Develop

1. **Water:** locating sources, purification, and storage
2. **Food & Cooking:**
 - Fire starting;
 - Cooking over fire and different kinds of stoves;
 - Safe food handling
3. **Communication:** Radio - how to use various radios; proper radio protocols
4. **Shelter:**
 - Choosing the right location
 - Setting up a tent, take down and storage
 - Making a shelter with a tarp
5. **First Aid & Sanitation:**
 - Basic first aid & CPR
 - Advanced medical/first aid training - using a trauma kit; dental emergencies
 - Sanitation in base camp (hand washing, waste disposal)
6. **Safety and Security:**
 - Developing an Evacuation Plan
 - Situational awareness
 - Firearms Safety course
7. **Other Skills:** Map reading; Safe Chainsaw operation and maintenance; Safe Knife handling and sharpening