

Suggested Emergency Bag Contents

Personal Gear

CG Aux. ID card with photo/drivers license
Medications
Common OTC meds- aspirin/antacids, etc.
Personal hygiene needs kit (soap, shampoo, towel, toothpaste & tooth brush, etc.)
Bug spray
Sun screen
Antiseptic hand wash/moist towels
Spare eyeglasses with croakie
Sewing kit/scissors
Spare car/boat keys
Travel alarm
Printed list of emergency phone numbers

Operational Gear

2 complete uniforms (pants, shirts, belt, hat, socks, and boots)
Change of clothes down to underwear
Change of shoes
Sweat shirt or fleece
PPE – PFD, float coat, Mustang, SAR vest fully equipped
Flashlight
Foul weather gear
Gloves
Stop watch or other means of time keeping
Charts, maps, pen, pencil, dividers, plotter, calculator
Digital or disposable camera
Multi tool
Dust mask
First Aid Kit ****

Electronics

Cell phone, DC charger, Quick charger
PDA
Portable GPS
Hand held Marine Radio w/charger
Spare rechargeable batteries or wall/ car charger

First Aid Kit

sterile gloves
dressings
cleansing agent
Adhesive bandages
Tweezers

Food/Water

Bottled water/sports drinks
PB & J squeezables
Power bars/granola bars/trail mix
Source of quick sugar/candy
Nuts/protein bars