



# Response Systems

## Standard Guideline

### Personal Equipment List for All Responders

*Personnel should establish two bags. One being a DAY PACK that should be carried in a (backpack style) bag. Day packs should contain items for 24 hour period. All other items needed to withstand the deployment period should be carried in a (duffle) type bag.*

*Quantities below are based on a (3) day deployment. Adjust quantities based on deployment length.*

#### Clothing:

- (3 pair) Pants acceptable for working conditions. Trousers, BDU, scrubs, etc.
- (3) shirts with no advertisements or unprofessional logos
- (3 pair) Socks
- (3) Underwear
- Cap
- (1 pair) Shoes, comfortable for 12 shifts
- Parka or Jacket, rain or 60/40 shell

#### Clothing (Cold Weather):

- (1) Wool shirt or sweater
- Coat, winter (polar guard or synthetic)
- Underwear, long (Synthetic, wool, silk)
- (1) Wool cap
- Gloves or mittens (Wool or synthetic)

#### Sleeping Gear:

- Sleeping bag (synthetic or down)  
(May substitute sheet & poncho liner during hot weather)
- Foam pad (optional)
- Pillow

#### Cooking & Food:

- Knife, fork, and spoon
- 24-hour emergency rations
- water bottle

#### Personal Equipment:

- Small Flashlight (must be with person all times)
- Extra bulbs for flashlight
- Extra batteries for flashlight
- Sun glasses
- Pocket knife
- Team ID, driver's license, license or credentials
- List of medical diagnosis, allergies & chronic medications

- Money (recommended \$200 cash)
- Pocket notebook and pencil
- Contact lens or prescription glasses
- Shampoo
- Tooth paste
- Tooth brush
- Comb or brush
- Razor with blades
- Shaving cream
- Toilet paper
- Tampons or sanitary napkins
- Towel
- Lip salve
- Hand lotion
- Sun screen
- Insect repellent
- Foot powder
- Shower shoes
- Rubbing alcohol (foot care)
- Personal medications
- Laundry bag

*RSI Strongly recommends the following operational equipment*

- 1. Cell phone with charger*
- 2. GPS for vehicle*
- 3. Stethoscope (for those assigned to clinical duties)*