

# CERT Go Pack

The CERT Go Pack is usually a small backpack with emergency and first aid supplies. Your CERT Go Pack should be available to you at all times. Remember you may not be home when the big one hits. Most people keep the Go Pack in their cars at all times, and some have used the first aid supplies to render aid to auto accident victims.

## **CERT Go Pack (Suggested) Contents**

AM Radio (*portable, battery powered*)  
Gas/Water shut off tools (*a 15 inch crescent wrench will work fine*)  
Heavy-duty work gloves  
Knee Pads  
Flashlight (*with fresh batteries*)  
Light Sticks  
Whistle  
Rain Poncho  
Space Blanket  
Dust Mask(s) (*available from hardware supply stores*)  
Eye goggles, protection  
Large Garbage Bags  
Duct Tape  
Waterproof matches  
Latex gloves  
Diapers or Sanitary napkins (*stops bleeding on major wounds*)  
Magic Markers/construction chalk or crayons  
Scissors  
Paper/Pen/Pencils  
Stickers  
String  
Water  
Energy Bars  
Baby Wipes  
Hat/Bandana  
Socks  
Boots  
Assortment of Bandages  
Antiseptic  
Sewing Kit (*small*)  
Money (*small bills and change*)  
Medication (*72 hour supply*)  
Glasses/Sunglasses  
Map of Fremont  
Personal Items - Suntan Lotion, Chapstick, Comb/Hairbrush, Toothbrush/Toothpaste/  
Mouthwash, Shampoo/Conditioner, Body Lotion, Deodorant  
Out of state contact list (*locations of family members, especially children*)  
Photos of family members/pets (*for identification purposes, good for calming nerves*)

Updated: 10/27/2006

File Location: on "T:" Drive / "Admin" folder / "CERT\_Volunteer\_Fire\_Admin\_File Folder" / "CERT Training" folder /  
File name: "Fremont Fire Department CERT Go Pack List"