

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"