

YCECT Recommended 72-Hour Go-Kit

The following is a suggested list of personal items that each individual should include as part of their Go-Kit. You should include enough items to be completely self-sustainable for a minimum of 72-hours of the initial deployment. Each individual's Go-Kit will be different according to their needs.

- ☐ **Driver's license**
- ☐ **Amateur Radio License**
- ☐ **EMA ID badge**
- ☐ **Sturdy Foot ware**
- ☐ **Sunglasses**
- ☐ **Hearing protection**
- ☐ **Work gloves**
- ☐ **Insect repellent**
- ☐ **Spending money**
- ☐ **Climate appropriate clothing**
- ☐ **Undergarments (3 ea.)**
- ☐ **Rain gear**
- ☐ **Bedding (sleeping bag, pillow)**
- ☐ **Toiletries / Sundries**
- ☐ **Toilet paper**
- ☐ **Hand sanitizer or anti-bacterial wipes**
- ☐ **Towels and washcloths**
- ☐ **Personal medications (30 day supply)**
- ☐ **Aspirin, Tylenol, or Ibuprofen**
- ☐ **Drinking Water – 1 gal. per person per day minimum**
- ☐ **Water purification tablets or filter**
- ☐ **Large duffel bag**
- ☐ **Flashlight (extra batteries)**
- ☐ **Waterproof matches**
- ☐ **Non-perishable food items for self (protein bars, canned fruit, high caloric bars, etc.)**
- ☐ **Swiss Army-style knife with tools**
- ☐ **Cell phone with AC & DC charger**
- ☐ **Radio Go-Kit with spare parts**
- ☐ **Tools need for field repairs**
- ☐ **Extra pair of glasses**

There may be no electricity, no pharmacies, no food stores, no refrigeration and no other routinely available services. Prepare yourself accordingly. Individuals must be healthy enough to function under severe field conditions, which may include all or some of the following:

- ☐ **Extended shifts, austere conditions (possibly no showers, housing in tents, portable toilets).**
- ☐ **Extreme weather conditions (long exposure to heat and humidity, lack of air conditioning, extreme cold or wet environments).**
- ☐ **Long periods of standing.**