



SUPPLEMENTAL PERSONAL SURVIVAL AND COMFORT ITEMS

- Suitable size backpack or duffel bag for clothing and personal gear
- Plastic storage tub for food, cooking gear
- Toilet kit -- soap, comb, deodorant, shampoo, toothbrush, toothpaste
- Toilet paper in zipper-lock freezer bag
- Small towel and washcloth
- Lip balm
- Facial tissues
- Sunscreen
- Insect repellent
- Prescription medications (1 week supply)
- Copies of medication and eyeglass/contact lens prescriptions
- Spare eyeglasses or contact lenses and supplies
- Hand lotion for dry skin
- Good first aid kit
- Non-prescription medications, including painkiller, antacids, anti-diarrhea, etc.
- Extra basic clothing -- shirts, socks, underwear
- Gloves, for protection or warmth
- Pocket flashlight
- Folding pocket knife
- Sleeping bag, closed-cell foam pad or air mattress, pillow
- Ear plugs (soft foam type in sealed package)
- Outer clothing for season and conditions (rain gear, parka, hat, face mask, etc)
- Hat
- Hard hat
- ARES Reflective vest – if purchased
- Travel alarm clock
- Chemical light sticks
- Dust masks - .95 or better
- Phone/email/address list for family, friends, neighbors, physician, pharmacy
- Emergency contact/medical information card in your wallet
- Spare car and house keys
- High energy or high protein snacks
- Food -- Freeze-dried or MRE's
- Coffee, tea, drink mixes
- Plate or bowl, knife, fork and spoon, insulated mug
- Camp stove, small pot, fuel and matches
- Battery or other lantern
- Water, in heavy plastic jugs
- Water purification filter or tablets
- Magnetic compass, maps
- Duct tape, parachute cord

Western Kern County ARES®
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Consider packing individual items or kits in zipper-lock freezer bags to keep the contents dry, clean, and neat. If you are **deploying for more than 24 hours** take these additional items along.