

GEORGIA **COMMUNITY
HEALTH WORKER
TRAINING PROGRAM**

Emergency Preparedness Kit
Informational Packet

Version July 16, 2024



Keep informational packet with EP Kit at all times!



SCAN FOR MORE INFORMATION

Intended Readers

This guide is written for:

- Anyone who is receiving, storing, and/or using the Emergency Preparedness (EP) kit in an emergency/disaster or during a training exercise.

Explanation of the EP Kit

The bag and its contents were purchased through the Georgia Community Health Worker (CHW) Training Program, funded by the Georgia Department of Public Health's Chronic Disease Prevention Section in partnership with the University of Georgia's Institute for Disaster Management.

Upon receipt by Georgia CHWs, the bag and its contents become the property of the receiving agency. The bag and its contents may be utilized in emergency/disaster responses to benefit the CHWs and their community.

The July 2024 version of the Georgia CHW Emergency Preparedness Kit consists of 1 large, black and grey, wheeled duffel bag packed with supplies. The bag is labeled with a green tag on the right-hand side or top handle to identify the bag number for shipment. A laminated tag with a QR code to a pdf version of this document is also on the top handle. The QR code on the cover page of this document will direct you to a webpage with additional resources for the kit. Resources include an inventory check-off sheet, manufacturer's guides, and videos of the products included in the kit.

The bag has an extendable handle to allow the bag to be rolled on flat, smooth ground. The bag also has multiple nylon handles to facilitate carrying or act as tie-down points to secure the bag as needed. The bag is marked in white with a Georgia Community Health Worker Emergency Preparedness Kit logo. The bag weighs ~ 52 lbs. and should be handled carefully to avoid injury.

The bag's contents and item locations are provided on page 5 of this document.

Purpose and Disclaimers

The contents of this EP kit are intended only to supplement the CHW's existing disaster/emergency supplies. This EP kit is not intended to provide all items that a CHW may need during a disaster/emergency.

Most items in this EP kit include the original packaging and the manufacturers' product instructions. The usage and storage of the items should be in accordance with the manufacturers' recommendations.

Individuals using this EP kit should act within the limits of their medical training when administering first aid and/or emergency care. They should follow the orders of their organization's Medical Director. A free Stop-the-Bleed class can quickly teach all CHWs how to safely utilize the bleeding control equipment in the EP kit (i.e., tourniquet, Celox gauze, Emergency Trauma Dressing). Do not wait for an emergency to occur - complete the free, lifesaving training for all staff NOW. Your local Healthcare Coalition can refer you to Stop-the-Bleed classes/trainers. There is also a free online version of this course available at <https://www.stopthebleed.org/training/online-course/>.

Storage Considerations/Manufacturers' Recommendations


We recommend you specifically assign the maintenance of this EP kit to a specific staff member/position within your organization. A backup staff member/position should also be identified.

It is strongly recommended the EP kit be stored in a secure, climate-controlled area. This area should ideally meet the recommended storage conditions specified by the various manufacturers of the products inside the kits. The various products in the EP kit have manufacturer instructions on the specific item's utilization and storage. Always follow the manufacturers' instructions as to safety, usage of the items, storage, etc.

Measures should be taken to prevent theft/pilfering of the items in the EP kit. Measures should also be taken to prevent unauthorized access to the kit. This EP kit contains important disaster-response items such as trauma shears/scissors, multi-tools with cutting blades, cordage, lithium batteries, water purification tablets, etc. These items could be dangerous if left unsecured where unauthorized persons had access to them (i.e., children, etc.).

All staff members should be made aware of the kit's location(s), contents, and purpose if stored at an organization. All supervisory personnel should have access to the kit. The kit should be written into the facility's emergency operations plan (EOP) as an available resource.

The XP-10 (jump starter lithium battery) will need to be charged when first received by the CHW and recharged as per the manufacturer's instructions before long-term storage of the bag to keep it in a state of readiness.

Some items in the kits will eventually expire and/or need to be replaced (e.g., AAA batteries, Celox gauze, Sharpie  markers, etc.). The items with expiration dates have been identified in this guide using the following symbol:

As room allows, additional items can be added to the EP kit prior to storage. Items to consider adding are paper, pens, clipboards, binder clips, additional nitrile exam gloves, your organization's contact list and emergency phone numbers, hardcopy of your organization's Emergency Operations Plan, additional pocket guides, etc.

Using the EP Kit in a Disaster/Emergency

During a disaster or emergency, the EP Kit and its contents may be used:

- At the CHW's home
- In the CHW's car
- During an evacuation
- At the CHW's evacuation destination, as needed

Reorganizing your equipment and reallocating it to fit the needs of the moment are important actions in a disaster response. The kit's contents can be separated and sent with different CHW staff groups as needed during a disaster. The kit's contents could also be removed and reallocated however needed during a disaster. The CHW's supervisor (or Incident Commander or their designee) should reallocate or issue the equipment in the kit in *whatever manner they see fit* to support the greatest good for the greatest number of people during the disaster/emergency.

NOTE: The included content list on page 5 lists the original items in the kit. If you reorganize the kit's contents during a disaster, remember to change either the numbers on (or remove) the content list in each bag so that the content list reflects the actual contents of the bag so as not to confuse any staff who may be using the kit. Also, if you open an item, SAVE THE INSTRUCTIONS FOR THAT ITEM! Even if you know how to use that item, your *other team members* may *NOT* know how to use it. SAVE THE INSTRUCTIONS and keep the item and instructions together.

The best time to familiarize yourself with the contents and capabilities of this kit is BEFORE a disaster! If you did not familiarize yourself with the kit before the disaster, then during the disaster when you are safe and have a few moments, take the time to read this informational guide to your EP kit then physically locate and handle each item that

is in your kit. There is often a LOT of down time in disasters that can be used constructively to orient yourself to your kit/resources. **DON'T WASTE THIS VALUABLE TIME!**

Training/Practicing with the EP Kit

Ensure that you and any other CHWs who may be using the kit can familiarize themselves with the items in the EP kit. Ideally, this should be done before ever trying to use the kit in an emergency. An organized training class on the EP kit can be conducted at your organization. It can then be used to meet part of your emergency training program requirements if documented appropriately. This training should be repeated frequently as a refresher.

When conducting training with the EP kit, remember that some items should NOT be opened during training (i.e., Water Purification Tablets, Celox Gauze, Emergency Food Rations, and Emergency Trauma Dressings).

The product manufacturers' websites often contain additional useful information about the items in the EP kit. There are also videos available that demonstrate the use of some of the items in your EP kit. These can be utilized for additional training/familiarization for your staff. UGA IDM also produced a customized video on the contents provided in this EP Kit. View it on the UGA Institute for Disaster Management YouTube page.

Important Information on EP Kit Lights

Items included are 2 Petzl Tikka headlamps, Pelican 3410M handheld flashlight, Lux Pro LP139 keychain light, LED lantern, and orange beanie headlight.

DO NOT insert or leave any alkaline batteries in the lights for lengthy periods of time. Doing so will cause the lights to be permanently destroyed by leaking batteries. If you have the time before a hurricane or incoming storm for example, it would be acceptable to insert the batteries into all the lights, test functionality, and leave the batteries inserted until after the incident. Be sure to remove alkaline batteries from the lights before ANY long-term storage of the lights.

When using ANY of the lights in your EP kit, use the lowest light setting that allows you to see effectively. Doing this will maximize the battery life of the lights. If you run out of batteries for the lights, remember there are some extra Energizer lithium AAA and AA batteries are included in the EP kit. You may also obtain additional batteries from your environment (e.g., from stores, remote controls, handheld video games, damaged equipment, etc.). It is also a good idea to buy and store additional batteries at your agency. Be sure to utilize the oldest batteries first and rotate through your stock so they do not sit on a shelf for years past their usable life.

If you completely run out of batteries in a disaster, save the lights so you can use them again when you obtain more batteries. You can potentially make resource requests to your county emergency management agency (EMA), your healthcare coalition, and/or other nearby community partners for more batteries. Remember: your XP-10 jump starter and your Eton FRX2 Weather Radio both have built-in flashlights. If you keep turning the hand-crank on the weather radio, you can keep the flashlight lit indefinitely.

TOP SECTION

0. Laminated EP Kit Informational Packet (1)
1. XP-10 Jump Starter (1)
2. Pelican 3410M LED Flashlight (1)
3. Petzl Tikka 350 Lumen Headlamps (2)
4. Petzl Rechargeable CORE Battery (1)
6. UST Spright LED Lantern (1)
7. Wall Adapter (1)
8. USB-A 4-in-1 Charger (1)
9. USB-C 4-in-1 Charger (1)
10. BESTEK 150-Watt DC-AC Power Inverter (1)
11. Lithium AA & AAA Batteries (12 each)
12. Potable Aqua Water Purification Tablets – (30)
13. MSR Mini-Works Water Filter (1)
31. Micro-Start Tire Inflator (1)
32. Resqme Emergency Car Tool (1)
46. Cloth Bandana (1)
47. Beanie with LED Light (1)
50. Leatherman Rev Multi-Tool (1)

LEFT SIDE POCKET

34. Hand-Sanitizing Wipes (2 packs)
35. Pampers Sensitive Skin Wipes (1 pack)
36. Toilet Paper (4 small rolls)
37. Feminine Hygiene Kit (1)
38. Go Girl Female Urination Device (1)



BACK OF BAG

RIGHT SIDE POCKET

5. LuxPro LP139 Keychain Light (1)
16. CAT Tourniquet (1)
17. Trauma Shears (1 pair)
18. Celox Rapid Hemostatic Z-fold Gauze (1)
19. Emergency Trauma Dressing (1)
20. Nitrile Medical Exam Gloves (1 pair)
21. Diotame Tablets (10)
22. Adventure Medical First Aid Kit (1)
23. First Aid, Survival, and CPR Pocket Guide (1)
24. Opioid Overdose Crisis Response Pocket Guide (1)
25. Whistles with Lanyard (2)
26. Sharpie Permanent Markers (4)
27. Wooden, Pre-Sharpended, Pencils (2)
28. Rite in the Rain Notebook (2)
45. HotHands Hand Warmers (8)

BOTTOM SECTION

14. Evian 1-Liter Bottled Water (2)
15. Mayday Emergency Food Rations (3 packs)
29. Eton FRX2 AM/FM/Weather Radio (1)
30. Earbuds (1 pair)
33. Roadside Reflective Triangle Markers (3)
39. White Leather Work Gloves (1 pair)
40. SOL Heavy Duty Emergency Blanket XL (1)
41. SOL Escape Lite Bivvy Bag (1)
42. Large Contractor Trash Bags (4)
43. Zip Ties (30)
44. Ziploc Bags (25 Gallon, 30 Quart)
48. Gorilla Tape (1 roll)
49. Yellow Rain Ponchos (2)
51. Black Nylon Cord (1)
52. Resilience After Disaster Pocket Guide (1)
53. Public Health Emergencies Pocket Guide (1)
54. Wilderness Survival Deck of Playing Cards (1)
55. Laminated Map of Georgia (1)

Informational Packet

0. Laminated EP Kit Informational Packet (this document) – 1 per kit



Contains information on the EP kit's contents, storage, use, and training considerations. The QR code on the cover page of the packet will direct you to a webpage with additional resources for the kit. Resources include an inventory check-off sheet, manufacturer's guides, and videos of the products included in the kit.

Emergency Power & Lighting Items

1. XP-10 Jump Starter Personal Power Supply – 1 XP-10 per kit



This powerful reusable/rechargeable lithium battery can be used to jump start vehicles (including most diesel engines) or charge small electronic devices (e.g., cell phones, tablets, laptops, etc.). It also has a built-in flashlight. The XP-10 can be recharged from a 120-volt outlet. The XP-10 will need to be charged when you first receive it and then periodically after that if you want to keep it ready to use. You must ensure it remains charged for it to be of use in an emergency. Follow all manufacturer's instructions regarding safety, charging, storage, and usage. If you plan to use the XP-10 to keep a particular device charged during a disaster, we strongly recommend that you practice using the XP-10 to charge that specific electronic device in a non-emergency setting, to become familiar with the process. **KEEP IT AND ALL ITS ACCESSORIES DRY!!! DO NOT STORE IT IN A HOT ENVIRONMENT or in the sun (see product instructions for specifics).**

2. Pelican 3410M LED Flashlight – 1 per kit



This is a water-resistant, heavy-duty, powerful, handheld flashlight. It has been bagged along with AA Energizer lithium batteries. Your trauma shears or Leatherman multi-tool can be used to open the light's packaging as needed. Follow the included instructions inside the package regarding the process of inserting the 3 AA batteries and how to click through the 3 different light output levels (high/medium/low) and the 4 modes (floodlight/spotlight/both/flashing). The head of the flashlight can be rotated into a 90-degree position as needed. The body of the light glows in the dark. A lanyard is included with the light and a metal ring, plastic clip, and a magnet are all pre-installed on the light (to attach the light to equipment, to metal objects, to hang it up like a lantern, etc.). On the highest setting, the spotlight can illuminate a roof to look for storm damage or signaling, etc. Generally, try to use the lowest light power setting that is effective for each task to make your AA batteries last as long as possible in a disaster. Also, reference the section on page 4 in this guide titled "IMPORTANT INFORMATION ON EP KIT LIGHTS".

3. Petzl Tikka 350 lumen Headlamps – 2 headlamps per kit



Extremely useful for doing any kind of work in a low-light setting (darkness). Headlamps allow you to have accurately aimed light while still leaving you BOTH hands to hold tools or accomplish your task. Anyone who must work in the dark should have a headlamp. The AAA batteries needed for the headlamps are inside the headlamp boxes, and additional AAA Energizer lithium batteries are included in the same Ziploc bag as the headlamps. You will need to insert the batteries into the headlamp before using it (instructions are in the headlamp box - save the box and instructions after opening it!). The headlamp instructions also detail how pressing the headlamp's button allows you to scroll through the 3 available light power settings (low/medium/high) and pick between white light and red light settings. Red light is good for preserving night vision and can be helpful for use in areas where people are sleeping (like a shelter). The water-resistant (not waterproof) plastic housing of the light itself can be pivoted up/down to change the aim of the light as needed. **DO NOT LEAVE THE ALKALINE BATTERIES IN THE LIGHTS** during storage (they may leak battery acid). The headlamps also come with a white bag to allow the headlamp to be used as a lantern. The headlamps have also been bagged with a Petzl CORE lithium rechargeable battery, which can be charged and then used instead of the AAA disposable batteries (see item #4 in this guide for specifics). Also, reference the section on page 4 in this guide titled "IMPORTANT INFORMATION ON EP KIT LIGHTS".

4. Petzl Rechargeable CORE Battery (for the Petzl Tikka headlamps) – 1 per kit



This rechargeable lithium battery has been bagged in the same Ziploc as your 2 Petzl Tikka headlamps. This battery can be charged with the included micro-USB charging cable in its box (from a powered USB port source) and then inserted into 1 of the Petzl Tikka headlamps for use. When its power is depleted, it can be recharged over and over (either while it is still in the headlamp, or it can be removed from the headlamp for recharging. See instructions for specifics). Remember, you have a cell phone charging block in your EP kit that could be paired with the CORE's micro-USB charging cable to recharge the CORE battery from a power outlet as needed. **KEEP IT DRY. DO NOT STORE IT IN A HOT ENVIRONMENT** or in the sun (see product instructions for specifics).

5. LuxPro LP139 Keychain Light – 1 per kit



This small light is packaged in the "COMMUNICATION AND SIGNALING" Ziploc in the medical items compartment of the bag. The batteries are already inserted, and it is ready to be turned on by simply pressing the on-switch on the end. If desired, you can re-locate this keychain light to 1 of the handle loops on the outside of your kit (attaching it with its mini-carabiner clip). This way, a small light is instantly available to you if you use the kit in the dark. This small light should last long enough for you to find and open the other bigger flashlight/headlamps/lantern in your EP kit (and to insert their batteries into them). This is the main reason this light has been included in your kit (thus, no extra batteries for this light were included in the kit). **KEEP IT DRY.**

6. UST Spright LED Lantern – 1 per kit



This small, lightweight, water-resistant lantern uses 3 AA batteries, located in the Pelican 3410M flashlight Ziploc bag in the main EP kit compartment. The lantern can provide light for 30 to 120 hours on 1 set of AA batteries, depending on whether you use the HIGH, LOW, or AMBER light output mode. The lantern glows in the dark and has a hook/clip on it in case you want to hang it up. Instructions and battery life info for the lantern are printed on the lantern box, so SAVE THE BOX after opening it. Also reference the section on page 4 in this guide titled "IMPORTANT INFORMATION ON EP KIT LIGHTS".

7. Wall Adapter (charging block) – 1 per kit



This charging block has been placed inside the MULTI-CHARGING CABLE package which is inside the 'CHARGING CABLES' Ziploc bag in the main compartment of the EP kit. It can be connected to a standard wall socket (120v outlet) or your included car inverter device to recharge compatible electronic devices (i.e., cell phones, CORE headlamp battery, etc.) and it has both a USB-A and USB-C port on it. KEEP IT DRY.

8. USB-A, 4-in-1, Multi-Charging Cable – 1 per kit



One end of this charging cable plugs into a powered USB-A port to charge compatible electronic devices (i.e., cell phones, CORE headlamp battery, etc.). This can be used with the included wall adapter (charging block), your XP-10 jump starter battery (depending on device compatibility), a powered USB-A port in a vehicle or computer, etc.

The other end of the cable is split into 4 different device-charging tips:

1. USB-C tip
2. Micro-USB tip
3. iOS connector tip (power charging only)
4. iOS connector tip (power and data transmission)

KEEP IT DRY!

9. USB-C, 4-in-1, Multi-Charging Cable – 1 per kit



One end of this charging cable plugs into a powered USB-C port to charge compatible electronic devices (i.e., cell phones, CORE headlamp battery, etc.).

This can be used with the included wall adapter (charging block), your XP-10 jump starter battery (depending on device compatibility), a powered USB-C port in a vehicle or computer, etc.

The other end of the cable is split into 4 different device-charging tips:

1. USB-C tip
2. Micro-USB tip
3. iOS connector tip
4. Smart watch charging pad

KEEP IT DRY!

10. **BESTEK 150-Watt DC-AC Power Inverter – 1 per kit**



Power smartphones, tablets, laptops, and other compatible electronic devices with this inverter that plugs directly into your vehicle's 12-Volt (DC cigarette lighter) port. Charge compatible electronic devices via the inverter's 1 electrical 120v AC outlet and/or 2 standard USB ports. Test the inverter's ability to charge your devices prior to an emergency. If your car engine is not running while using the inverter to charge devices, it will drain the car's battery. Keeping the car running while using the inverter should not drain the car's battery. **BE CAREFUL OF CAR EXHAUST FUMES/CARBON MONOXIDE POISONING** if used with the car running! Ensure adequate ventilation is present in and around all vehicles with engines running. Your parking lot may have enough fueled vehicles to keep small electronic devices charged and recharged for quite some time if this inverter is used judiciously. Follow all manufacturer's instructions and be sure to check the power draw of the device(s) that you plug into the inverter to ensure you are not exceeding the inverter's total rated output of 150W. **KEEP IT DRY!**

11. **AA and AAA Energizer Lithium Batteries – 12 AA batteries & 12 AAA batteries per kit**



These lithium batteries are intended for the Petzl Tikka headlamps, Pelican 3410M flashlight, and the UST Spright lantern included in your EP kit. You could also use them for other critical items during an emergency (e.g., 2-way radios, etc.), **but only if these items are compatible with lithium batteries**. These batteries are **NOT** rechargeable. If you remove batteries from the battery packages, be sure that you arrange the remaining batteries in the package so that the batteries' contacts do not touch each other (or anything else that is conductive) in a way that drains the power from them, shorts them out, or might heat them up and cause a fire. You may need to use rubber bands, plastic bags, tape, or other materials to separate or repackage the batteries safely. **KEEP THEM DRY!** Some other items in your EP kit are packaged in plastic bags that could be saved and reused to store batteries. Your AAA and AA lithium batteries in the EP kit have a VERY long shelf-life (15+ years), but they will eventually become depleted, so be sure to test them periodically and also look at the dates printed on the individual batteries to get a rough idea of their expected storage life (e.g., "12/2041"). However, the date printed on the battery is no guarantee that the battery will still be good up to that date. **DO NOT STORE THEM IN A HOT ENVIRONMENT** or in the sun (see product info printed on the batteries for specifics).

Food & Water Items

12. Potable Aqua Chlorine Dioxide Water Purification Tablets – 30 tablets per kit



These can be used to make most questionable water bacteriologically suitable to drink if no potable/safe water is available. These chlorine dioxide tablets are effective against viruses, bacteria, and cysts. If possible, first filter the water through the MSR Miniworks EX Micro-Filter included in your EP kit and then use these tablets per the instructions. If your MSR filter is unavailable, pour the questionable water through another filter first (or improvise a filter by pouring the water through several layers of folded clean cloth or coffee filters) to strain out larger particles of foreign matter. Then, carefully ***follow the instructions*** on the packaging and on the foil packs for using the tablets. **Do not open the foil-packed water purification tablets until you need them.** You will need a clean 1-liter or 1-quart bottle to use the tablets (SAVE the 2 Evian water bottles provided in your EP kit, they are 1 liter each). 1 tablet treats 1 liter (or quart) of water. The manufacturer states the tablets expire 4 years from the date of manufacturing. Check your individual packages for specific expiration dates, it is embossed on the side of the package.

These tablets do not remove chemical or radiological contaminants. They are NOT for use in saltwater/seawater. Note: after adding the tablet(s) to contaminated water, you must allow it to react for 4 hours so plan accordingly. Additional info regarding water purification can be found in your "FIRST AID, SURVIVAL, and CPR POCKET GUIDE" (inside the FIRST AID Ziploc bag) and in your "GUIDE TO WILDERNESS MEDICINE" (inside the blue, zippered first aid kit).

13. MSR MiniWorks EX Micro-filter Water Filter – 1 per kit



The MiniWorks EX microfilter delivers long-lasting, field-maintainable water filtration in demanding environments. Engineered for frequent and heavy use, it utilizes the Marathon™ EX carbon/ceramic element to ensure clean, reliable, and taste-free water. Due to its AirSpring Accumulator™, it is capable of pumping 1 liter per minute, and the flow rate can be renewed easily and repeatedly in the field—no tools required. This filter meets NSF protocol P231 for the removal of bacteria (99.9999%) and protozoa (99.9%) from beginning to end of filter life in "worst-case" water. The durable carbon/ceramic element ensures safe, taste-free water—even with frequent, heavy use. It can be cleaned repeatedly for full filter recovery with no tools required. The filter's carbon core removes unpleasant tastes and odors caused by organic compounds, such as iodine, chlorine, and pesticides.

This water filter is **NOT** intended to make saltwater/seawater drinkable. This device filters out bacteria, protozoa, and dirt particles/particulate matter (bigger than 0.2 microns). It is **NOT** intended to filter out chemical contaminants or radioactive contaminants. This water filter does **NOT** filter out viruses. Your POTABLE AQUA WATER PURIFICATION TABLETS (provided in your EP kit) will kill viruses that may be left in the water that has been filtered through your MSR MiniWorks EX water filter (see the separate entry in this guide for the POTABLE AQUA WATER PURIFICATION TABLETS).

Follow all the manufacturer's instructions (packaged inside the MSR filter box).

Put the written MiniWorks EX microfilter instructions into 1 of the provided Ziploc bags to keep them from getting wet and becoming illegible. Additional info regarding water purification information can be found in your "FIRST AID, SURVIVAL, and CPR POCKET GUIDE" (in the FIRST AID Ziploc bag) and in your "GUIDE TO WILDERNESS MEDICINE" (inside the blue, zippered, first aid kit). Depending on the type of disaster you experience, this water filter may be the most valuable item in your entire EP kit. **TAKE GOOD CARE OF THIS FILTER!**

Additional info/tips and instructional water filter videos can be found here:
<https://www.msrgear.com/water-treatment/filters-and-purifiers/miniworks-ex-microfilter/14006.html>

14. Evian Bottled Waters (1 liter each) – 2 bottles per kit



2 liters of drinking water are included in your EP kit. SAVE the empty bottles after you have used the water in them; the bottles are durable and can be used as improvised canteens for a time. These 1-liter bottles are also just the right size to be used with the POTABLE AQUA WATER PURIFICATION TABLETS provided with your EP kit, item #12.

The Evian bottled waters in your EP kit have been placed in Ziploc bags and are at the bottom of your kit. This is intended to contain any sort of leak for a time without damaging other EP kit items. Check on these bottles periodically for their expiration dates as well as for leaks. If you leave them in sub-freezing temperatures such as in your car throughout the winter season, they may freeze/thaw multiple times and may be more likely to spring a leak.

15. Mayday Emergency Food Rations – 3 per kit



These shelf-stable, energy-dense, emergency rations contain 9 small bars each. They require no preparation or cooking and can be stored for up to 5 years (no refrigeration required). We have placed each of the 3 rations in a separate Ziploc bag for repackaging once you have opened one. KEEP THEM DRY.

Medical/First Aid Items

16. C.A.T. Tourniquet (black Combat Action Tourniquet) – 1 per kit



It can be used by trained personnel to stop severe bleeding from the arm or leg only. Instructions with pictures are inside the package. Take a free Stop-the-Bleed class to train yourself, your family, and co-workers on tourniquet use and wound packing for bleeding control. Do not use this tourniquet for practice - get a dedicated trainer tourniquet for training purposes. Additional instructions with pictures can be found in your kit's STOP-THE-BLEED booklet inside the BLEEDING CONTROL Ziploc bag.

17. Trauma Shears/Scissors – 1 per kit



It can be used to cut victims' clothing or dressings to expose a wound or for cutting cordage or other materials in an emergency. It can also open the packaging of other items in your EP kit (Leatherman tool, Pelican 3410M flashlight, etc.). The small, rectangular hole in one blade is meant to be used as an oxygen wrench. Since these shears are easy to lose, consider making a lanyard with your nylon cord, zip ties, etc., and attaching them to something larger like your EP kit or another item.

18. Celox Rapid Hemostatic Z-fold Gauze – 1 per kit



It can be used by trained personnel to place direct pressure on severe bleeding sites and/or can be used to pack a bleeding wound in certain areas (arms, legs, groin, shoulder, armpit, etc.) as per your training/orders of your agency's medical director. **Do not open this gauze until you need it.** This is expensive, high-tech gauze and *should be reserved for severe bleeding*. Use *regular* gauze or dressings (such as those found in your blue ADVENTURE MEDICAL KITS FIRST AID KIT) for other, less urgent purposes. Additional instructions with pictures can be found in your kit's STOP-THE-BLEED booklet inside the BLEEDING CONTROL Ziploc bag.

19. Emergency Trauma Dressing 6" – 1 per kit



It can be used to apply pressure to a bleeding wound. It can also be used as an elastic wrap (like an Ace bandage). Do not wrap it around the patient's throat or chest, as this may inhibit breathing. Monitor the circulation in the body part you have wrapped to ensure blood flow continues below the level of the dressing if flow below the dressing can be achieved without permitting a resumption of bleeding from the injury site. Controlling the bleeding is more important than maintaining distal blood flow. It can also be used to help secure a splint in place.

20. Nitrile Medical Exam Gloves (Size Large) – 1 pair per kit



These disposable medical gloves are packaged in a Ziploc bag which has been placed in your Bleeding Control Kit Ziploc. They can protect your hands from blood and body fluids when stopping a bleed or administering first aid.

21. Diotame tablets – 10 tablets per kit



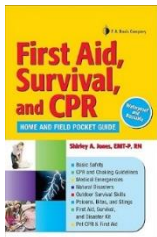
These over-the-counter tablets are like Pepto-Bismol and are useful for stomach upset/diarrhea, which are common in disasters for several reasons. **KEEP THEM DRY.**

22. Adventure Medical Kit Backpacker Series First Aid Kit – 1 per kit



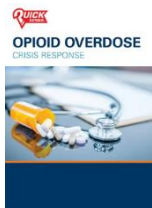
This blue zippered first aid kit contains numerous items for: Wound/blister/burn care, bandage scissors, tweezers, safety pins, tape, elastic wrap, syringe, and various over-the-counter medications for treating other minor emergencies. It also contains a small book titled "A GUIDE TO WILDERNESS MEDICINE" and a "Drug Fact Information" booklet from the manufacturer. Several other pocket guides in your kit (item numbers 23, 24, 52, 53) also contain medical information that could be useful to you in an emergency. **KEEP THE KIT DRY.**

23. First Aid, Survival, and CPR Pocket Guide – 1 per kit



This waterproof pocket guide is full of useful information on these topics, and it contains an index and colored topic tabs for quickly finding needed information. Pages 208-214 contain important info on water purification. It is a useful supplement to the pocket guide found inside your blue, zippered first aid kit.

24. Opioid Overdose Crisis Response Pocket Guide – 1 per kit



This waterproof pocket guide contains information on opioid drugs, overdose information, and actions to take during an overdose (such as the use of naloxone/Narcan to treat overdoses). The guide contains labeled tabs to help you quickly find needed information.

Emergency Communications Items

25. Whistle with Lanyard – 2 whistles per kit



It may be used as an emergency signaling device (to attract attention, call for help/assistance) and/or assist with traffic control/safety of vehicles during an evacuation/disaster.

26. Sharpie Permanent Markers – 4 markers per kit



Useful for labeling or re-labeling items or objects as needed (e.g., personal possessions or personal effects during an evacuation) or making improvised signage during an emergency. It is also useful for marking the time/date of a tourniquet's application.

27. Wooden, Pre-Sharpended, Pencils – 2 per kit



Useful for writing notes/messages and packaged with a waterproof notebook (item #28). It can be re-sharpened carefully with the knife in the Leatherman multi-tool (wear your provided leather gloves for additional safety/protection as needed).

28. Rite in the Rain Notebook – 1 per kit



A waterproof notebook can be used to take notes/write messages in an emergency. It is packaged in the same Ziploc bag as pencils and Sharpie markers.

29. Eton FRX2 Hand Turbine AM/FM/Weather Radio – 1 per kit



This small radio has an internal rechargeable lithium battery that can be charged through a USB port, the built-in solar panel, or by the attached hand-crank device (Remember, your item #'s 1, 7, and 10 could potentially be useful for charging the radio from a powered USB-A port). A charging cable (USB-A to Micro-USB) is included inside the box. The radio can be used to listen to AM, FM, or NOAA weather band channels, but you may need to extend its antenna to improve reception. NOAA weather channels are also sometimes used by authorities to convey non-weather-related emergency information to the public. The hand crank device can also be used to charge some cell phones or other small electronic devices/batteries if they do not require regulated power. This hand-crank charging of other devices requires a charging cable that connects to a USB port (item #8). The radio also has a built-in flashlight that can run on the internal battery, which you can recharge continuously by turning the hand crank as needed. **KEEP THE RADIO DRY.** The directions for using it are inside the radio's packaging. We included a pair of earbuds to use with it (item #30).

30. Earbuds – 1 pair per kit



Intended for use with the Eton Weather Radio. It allows you to listen to the radio privately/quietly (for instance, if everyone else in your shelter is asleep or if the emergency information on the radio is upsetting to kids or adults in your shelter). **KEEP THEM DRY.**

Car Items

31. Micro-Start Mini Tire Inflator Plus+ – 1 per kit



This small, lightweight air pump can inflate tires or other similar inflatable items. Its 3 included charging cables can be powered via your car's cigarette lighter (12v DC) port or XP-10 jump starter battery (item #1). It also has a small light on it. Instructions for its use, along with inflation needle/tips, are included inside the box. **KEEP IT DRY. DO NOT LET IT RUN CONTINUOUSLY FOR MORE THAN 12 MINUTES AT A TIME.** See instructions for more details.

32. Resqme Emergency Car Tool – 1 per kit



This small, yellow, reusable device can shatter automobile window glass in an emergency. It also contains a cutting device that can quickly cut through a seat belt or other thin materials as needed. It comes packaged with instructions and several optional devices for attaching the Resqme to your keyring or the interior of your car before a disaster or emergency.

33. Roadside Reflective Triangle Markers – 3 per kit



These reflective plastic safety devices can be folded into a triangle shape, locked into shape, and then placed on the road near a disabled vehicle to alert other drivers of the hazard ahead visually. Follow the instructions in the markers' carrying case for use/placement of the markers.

Personal Hygiene Items

34. Hand Sanitizing Wipes (20 wipes per pack) – 2 packs per kit



These wipes can be used to sanitize/clean hands when soap and water are not available. They are packed in resealable packages of 20 wipes each. They contain ethyl alcohol, which is flammable, so use caution. Instructions are printed on the packaging. They are NOT flushable in toilets. Keep them well sealed, or they will dry out.

35. Pampers Wipes for Sensitive Skin (84 wipes per pack) – 1 pack per kit



These fragrance-free wipes can be used to cleanse sensitive skin. They are NOT flushable in toilets. Keep them well sealed, or they will dry out.

36. Toilet Paper (70 sheets per roll) – 4 small rolls per kit



Each of the 4 small rolls of toilet paper comes with a plastic dispenser. Be judicious with your use of this limited resource - make it last! KEEP THEM DRY.

37. Feminine Hygiene Kit – 1 per kit



The black, zippered pouch contains a Ziploc bag with 4 tampons, 4 pads, 4 wipes, and 4 Motrin/Ibuprofen caplets. KEEP THESE DRY.

38. Go Girl Female Urination Device – 1 per kit



This soft, flexible, and reusable funnel device allows females to pee into a bottle and/or in a standing position. It includes a tissue and bag for carrying. It has been placed into the black, zippered pouch that contains item #37. Pro tip – as with many items in your kit, practice using it *before* an emergency occurs. If an empty bottle or other suitable container is available, the Go Girl device could allow a woman to pee into the empty bottle while seated in a car (for instance, during a long evacuation or when stuck in a huge evacuation traffic jam). A blanket or jacket could be used as a cover for some privacy.

General Items

39. White Leather Work Gloves (Size Large) – 1 pair per kit



Use these to protect your hands when handling anything sharp, abrasive, or with pinch points, such as jagged debris, broken glass, metal items, splintered wood debris, folding metal equipment or ramps, jagged edges of food cans, concrete pieces, etc. It may be advisable to wear these when using the knife in your Leatherman multi-tool from your kit. It may also provide some protection against slightly hot surfaces (i.e., engines, generators, cooking gear/stoves, etc.). It can also provide some warmth and hand protection if working outside on a cold day, searching outside for a missing person, or doing a building damage assessment.

40. SOL Heavy Duty Emergency Blanket XL – 1 per kit



It can be used to keep 1 or 2 people warm. It is also useful for keeping wind and rain off individuals to maintain warmth as a blanket wrap, tarp, or improvised shelter. The blanket is reusable and can be used as an improvised ground cloth or fluid-resistant sheet, although 1 of your contractor bags may be a better and more durable choice for those purposes. The shiny side of the blanket goes toward the person trying to keep warm. The shiny material reflects body heat back to the person using it. The shiny side can also be used as a signaling device to attract attention from rescuers and/or aircraft. Instructions and pictures are printed on the box packaging.

41. SOL Escape Lite Bivvy Bag – 1 per kit



This is an extremely small, lightweight, heat-reflective, breathable sleeping bag for emergency use. It is windproof and water-resistant, and its shiny inner surface reflects body heat back to the user. It can be used alone or in combination with blankets, sleeping bags, ground cloths, tarps, contractor bags, hot packs, etc. If it is extremely cold out, do not forget to put some type of padding for insulation underneath your Bivvy Bag and wear your included beanie hat (item #47).

42. Large Contractor Trash Bags – 4 per kit



These extremely thick, tough, durable, waterproof, and windproof trash bags have hundreds of uses in a disaster. They can be cut with your trauma shears (item #17) and opened to form a tarp, shelter material, or ground cloth. They can be used as a makeshift poncho by cutting a headhole in the bottom and some optional arm holes in the sides. They can be used in conjunction with your Gorilla tape (item #48) and/or your nylon cord (item #51) to create an improvised shelter or tent, to cover a broken window or hole in a roof, or to patch something that is leaking. They can be taped over windows to create sun-shaded areas to sleep in or to stay cooler in a hot environment. They can be rigged up to provide privacy in bathroom or dressing areas or to protect important items, supplies, or equipment that need to stay dry. It can also be used to contain and/or transport items and supplies. See the "Survival" section of your "FIRST AID, SURVIVAL, AND CPR POCKET GUIDE" (item #23) for additional info on making improvised shelters.

43. Zip Ties (12" cable ties) – 30 per kit



These plastic zip ties can be used to attach things together, to tighten down loose items, or to create loops or attachment points for various items. Together with your Gorilla tape (item #48), nylon cord (item #51), and your Leatherman multi-tool (item #50), these zip ties can help you solve *many* types of problems and make many types of repairs and improvised items in a disaster. They are also extremely useful for creating improvised lanyards for small, easy-to-lose items (e.g., your Leatherman multi-tool, trauma shears, Resqme car tool, keychain flashlight, etc.). They can also be used to hang up items (i.e., signs, clotheslines, lanterns, shelter-making materials, tarps, IV fluid bags, etc.) or to attach them to poles, walls, ropes, vehicles, etc.

44. Ziploc Bags (Quart and Gallon Sizes) – 25 Gallon bags and 30 Quart bags per kit



Ziploc bags can be used not only to contain and organize small items but also to help make the items more resistant to the effects of humidity, sweat, or being rained on or immersed in water. This is especially important for electronic devices, batteries, medical supplies, food ration bars, etc. These bags can also help to contain liquid spills within the Ziploc bags *inside* your EP kit (e.g., the Evian water bottles, the Pampers wet wipes, the wet hand wipes, etc.). This limits the damage that leaks may cause to your other equipment in your EP kit. Having many Ziploc bags in your EP kit will help you protect and organize your supplies and equipment in addition to other important items in a disaster, such as your wallet, food, medications, and papers with critical information. Many of your EP kit items have been packed in Ziploc bags for their protection. If you remove an item from a Ziploc, then **KEEP** the Ziploc for later use in the disaster.

45. **HotHands Hand Warmers** – 8 warmers per kit



These disposable, 1-time use, chemical hot packs are activated by exposure to air (upon opening their package) and can stay warm for up to 10 hours each. They could be placed in a pocket, a garment, in a Bivvy Bag (item #41), or a sleeping bag to help keep your hands, feet, or body warm. Follow all instructions on the packaging to avoid burns and other injuries. **KEEP THEM DRY.**

46. **Cloth Bandana** – 1 per kit



A bandana has hundreds of possible uses in a disaster, including functioning as a tissue, face cloth, head cover, or rag. It can be used as a signaling device by waving it, as an improvised gaiter face mask to prevent sunburn, as a sleep mask for the eyes, as an improvised bandage, dressing, tourniquet, or sling, to secure a splint, as an improvised water filter to remove larger particulates before treating the water with chemical disinfectants, as an improvised pot holder or hand-protector, washcloth, etc. Store the bandana in the provided Ziploc bag to keep it clean and dry before use.

47. **Beanie with LED Light** – 1 per kit



This bright orange, warm, acrylic beanie (hat/cap) can help to preserve your body heat and features a built-in rechargeable headlamp that can be recharged over and over from a powered USB-A port. The light can be removed from the hat for charging so the hat can be washed. The light is **NOT** waterproof, so keep it dry if possible. If you are out in the rain, wear the hat under your poncho's hood (item #49) to protect it, or remove the light from the hat entirely and store the light in 1-2 dry Ziploc bags (item #44) until the rain stops. The Pelican 3410M flashlight (item #2) is much more waterproof than the beanie's light if you must be outside in a wet environment and need light.

48. **Gorilla Tape** (silver heavy-duty adhesive tape) – 1 90 ft. roll per kit



Useful for making quick repairs and/or attaching things together. It can secure or repair plastic sheeting, tarps, your emergency blanket, Bivvy Sack, contractor bags, or other materials when trying to waterproof or windproof an area. It could temporarily patch a hole in your EP kit bag, shoe, poncho, or hold the battery-compartment closed on your headlamp if the latch breaks. Tape can be used to secure a flashlight in place to illuminate a specific area as needed or to put up a note or a sign. It can be used to reseal important packages to keep them dry after opening (i.e., food ration bars, batteries, etc.). **DO NOT** adhere this tape to people and/or skin!

49. Yellow Rain Ponchos – 2 ponchos per kit



Useful for keeping people dry during time outside in the rain (i.e., during an evacuation, a search for a missing person, a building damage assessment after a storm, etc.). Getting wet can cause GREATLY increased heat loss during cold weather and can hasten the development of hypothermia or dangerously low body temperature. These ponchos are reusable and can be used as an improvised fluid barrier or ground cloth for a person or for equipment that must be kept dry if no better alternative is available in an emergency. You should also consider your contractor bags (item #42) for this purpose. This bright yellow item could be used as a signaling device to attract the attention of rescuers or searchers. Tears or holes in the ponchos can be repaired temporarily with the Gorilla tape included in your EP kit (item #48).

50. Leatherman Rev Multi-Tool – 1 per kit



This all-metal, folding multi-tool has 14 EXTREMELY USEFUL tools: a knife, 2 types of pliers, 2 types of wire cutters, a wire stripper, 3 screwdrivers, a can opener, a package opener, a ruler, a bottle opener, and a file. It can be used for a variety of tasks in an emergency such as cutting small objects or cordage, loosening or tightening screws, making various repairs, opening food cans, bottles, or heavily packaged items, etc. Consider wearing your leather work gloves (item #39) when working with your Leatherman multi-tool to avoid accidentally cutting your hand or fingers (i.e., when using the knife or opening metal cans with sharp edges, etc.). A multi-tool can help you solve hundreds of different problems in a disaster. You can use your trauma shears (item #17) from the RIGHT-SIDE pocket of your EP kit or your bandage scissors (from your blue first aid kit – item #21) to open the multi-tool package if needed. Save the instructions and the multi-tool box, which also has info printed on it. This tool is INVALUABLE in a disaster, and its small size makes it easy to lose in a crisis, so if you must use it in a disaster, consider making a lanyard for it to secure it to your belt or your EP kit or to a larger object in some way. This could be done by using 1 of your zip ties (item #43) threaded through the pocket clip on the multi-tool and some nylon cord (item #51). KEEP IT DRY during storage.

51. Black Nylon Cord – 50 feet of cord per kit



This nylon cord is useful for helping you solve countless problems in a disaster, such as attaching objects together, tying them down to secure them, and facilitating small repairs. It can be used to hang up emergency signage, make a wrist lanyard or a 'dummy cord' for your multi-tool (item #50) or trauma shears (item #17) to prevent loss, mark an area, secure a trip-hazard to prevent falls, to tie a door open or shut in an evacuation, to secure your EP kit against a wall so that it doesn't fall into a walkway, or to hang up a lantern, flashlight, IV bag, feeding solution bag, etc. It has a safe working weight of 110 lbs., and it can be cut with your trauma shears (item #17), bandage scissors (in your blue, zippered first aid kit), or the knife blade on your Leatherman multi-tool (item #50).

References

52. Resilience After Disaster Pocket Guide – 1 per kit



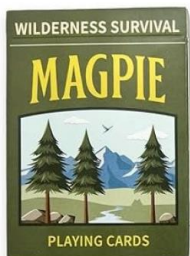
This water-resistant pocket guide contains information on psychological/behavioral stress and resilience in disaster situations. It has specific sections for adults, children, the elderly, people with access and functional needs, and suicide prevention.

53. Public Health Emergencies Pocket Guide – 1 per kit



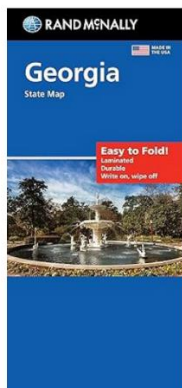
This water-resistant pocket guide contains information about public health emergencies in general and specific ones such as infectious diseases, prevention, chemical emergencies, nuclear/radiological emergencies, decontamination, communications, and more.

54. Wilderness Survival Deck of Playing Cards – 1 per kit



This is a deck of waterproof playing cards that can be used for playing card games in a disaster (as a stress reliever) during periods of inactivity, which are frequent in many disasters. Card games or other games can be a welcome distraction and mental health boost for adults and older children alike. Each of the numbered cards has a different survival or emergency medical tip on it with illustrations to keep things even more interesting. The cards' hard plastic case could also be re-purposed to hold other small items in your kit (i.e., batteries, medications, etc.).

55. Laminated Map of Georgia – 1 per kit



Since the internet and cell phones may not work in a disaster, it is important to have hardcopy maps to use (for evacuations, detours, and for better situational awareness in a crisis). Remember you also have Sharpies, pencils, and a notepad (items # 26, 27, and 28) that can be used in conjunction with this water-resistant map to take notes and write directions. You may also need your Eton AM/FM/NOAA weather radio (item #29) from your kit to receive emergency information about evacuation routes, shelter-in-place orders, and/or boil-water advisories for specific areas, etc.).