



Lowcountry Healthcare Coalition
**EMERGENCY
PREPAREDNESS
PLANNING**
Educational Program

Emergency Preparedness Kit Informational Packet

Version September 3, 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 kit and its contents were purchased through the Lowcountry Healthcare Coalition Emergency Preparedness Planning Educational Program, funded by the South Carolina Lowcountry Healthcare Coalition in partnership with the University of Georgia's Institute for Disaster Management.

Upon receipt by South Carolina facilities, the kit and its contents become the property and responsibility of the receiving agency. They may be utilized in emergency or disaster responses to benefit patients, residents, and staff as needed.

The September 2024 version of the South Carolina Lowcountry Healthcare Coalition Emergency Preparedness Kit consists of 2 large, black and grey, wheeled duffle bags packed with supplies. The bags are labeled with a green or blue tag on the right-hand side or top handle to identify the bag numbers 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 products included in the kit.

Each bag has an extendable handle to allow the bags to be rolled on flat, smooth ground. The bags also have multiple nylon handles to facilitate carrying or act as tie-down points to secure them as needed. The bags are marked in white with a Lowcountry Healthcare Coalition Emergency Preparedness Planning Educational Program logo. The bags are heavy and should be handled carefully to avoid injury.

BAG A: ~36 lbs

BAG B: ~33 lbs

The contents and item locations within each bag are provided on pages 5 and 6 of this document.

Purpose and Disclaimers

The contents of this EP kit are intended only to supplement the healthcare facility's existing disaster and emergency supplies. This EP kit is not intended to provide all items that a facility may need during a disaster or 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 or emergency care. They should follow the orders of their organization's Medical Director. A free Stop-the-Bleed class can quickly teach all staff 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.

The various products in the EP kit have manufacturer instructions on the specific item's utilization and storage. It is strongly recommended the EP kit be stored in a secure, climate-controlled area. This area should meet the recommended storage conditions specified by the various manufacturers of the products inside the kit. 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, batteries, water purification tablets, etc. These items could be dangerous if left unsecured where unauthorized persons had access to them (i.e., children, etc.). The owner of the kit assumes all risks.

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 plan as an available resource.

The XP-10 (jump starter lithium battery) should not be assumed to be charged when first received by the facility and it may need to be charged 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 need to be replaced (e.g., AAA batteries, Celox gauze, 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, additional nitrile exam gloves, your organization's contact list and emergency phone numbers, a hardcopy of your organization's Emergency 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:

- During an evacuation, as needed
- At your evacuation destination, as needed
- During a shelter-in-place situation, 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 staff groups as needed during a disaster. The kit's contents could also be removed and reallocated however needed during a disaster. The facility 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 pages 5 and 6 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. **DO NOT WASTE THIS VALUABLE TIME!**

Training/Practicing with the EP Kit

Ensure that you and any other personnel 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, glucose tablets, 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 and familiarization for your staff.

Important Information on EP Kit Lights

Items included are 4 Energizer headlamps, 4 Gearlight handheld flashlights, 2 Lux Pro LP395 lanyard lights, and 2 Lux Pro LED lanterns (and flashlight functions are included on the 1 XP-10 jump starter and the 2 Midland Weather Alert radios).

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 AAA batteries 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 division (EMD), your healthcare coalition, and/or other nearby community partners for more batteries. Remember: your XP-10 jump starter and your Midland 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.

BAG A

Content List and Location of Items

TOP SECTION

2. Gearlight LED Flashlights (2)
3. Energizer Headlamps (2)
4. Energizer AAA Batteries (24)
6. LuxPro LP1525 LED Lantern (1)
7. USB-A 4-in-1 Charger (1)
8. BESTEK 150-Watt DC-AC Power Inverter (1 per kit)
9. Potable Aqua Water Purification Tablets (30)
10. Sawyer Gravity System Water Filter (1 per kit)
19. Cloth Litter (1)
20. XL Cloth Litter (1)
25. Midland Emergency Weather Radio (1)
26. Earbuds (1 pair)
28. Large Contractor Trash Bags (5)
29. Zip Ties (25)
30. Ziploc Bags (12 Gallon, 10 Quart)
32. Gorilla Tape (1 roll)
34. DeWalt Multi-Tool (1)
38. Carabiner Clips (10)
39. Binder Clips (10)
40. Velcro Strap (1)
41. EP Kit Informational Packet (1)
42. EP Kit Inventory Sheet (1)
43. EP KIT Maintenance Log (1)
44. Water Disinfection Instructions (1)

RIGHT SIDE POCKET

5. LuxPro LP395 Lanyard Light (1)
11. Stop the Bleed Pamphlet (1)
12. CAT Tourniquet (1)
13. Trauma Shears (1 pair)
14. Celox Rapid Hemostatic Z-fold Gauze (1)
15. Emergency Trauma Dressing (1)
16. Nitrile Medical Exam Gloves (1 pair)
17. Diotame Tablets (24)
18. Glucose Tablets (10)
21. Whistle with Lanyard (1)
22. Sharpie Permanent Markers (3)
23. Wooden Pencil with Cap (1)
24. Notebook (1)
31. HotHands Hand Warmers (4)

LEFT SIDE POCKET

36. Emergency Blankets (25)

BOTTOM SECTION

1. XP-10 Jump Starter (1 per kit)
33. Yellow Rain Ponchos (10)
35. Black Nylon Rope (1)
27. White Leather Work Gloves (1 pair)



BAG B

Content List and Location of Items

TOP SECTION

- 2. Gearlight LED Flashlights (2)
- 3. Energizer Headlamps (2)
- 4. Energizer AAA Batteries (24)
- 6. LuxPro LP1525 LED Lantern (1)
- 9. Potable Aqua Water Purification Tablets (30)
- 19. Cloth Litter (1)
- 25. Midland Emergency Weather Radio (1)
- 26. Earbuds (1 pair)
- 28. Large Contractor Trash Bags (5)
- 29. Zip Ties (25)
- 30. Ziploc Bags (12 Gallon, 10 Quart)
- 32. Gorilla Tape (1 roll)
- 34. DeWalt Multi-Tool (1)
- 37. Rubber Bands (1 bag per kit)
- 38. Carabiner Clips (10)
- 39. Binder Clips (10)
- 40. Velcro Strap (1)
- 41. EP Kit Informational Packet (1)
- 42. EP Kit Inventory Sheet (1)
- 43. EP KIT Maintenance Log (1)
- 44. Water Disinfection Instructions (1)

RIGHT SIDE POCKET

- 5. LuxPro LP395 Lanyard Light (1)
- 11. Stop the Bleed Pamphlet (1)
- 12. CAT Tourniquet (1)
- 13. Trauma Shears (1 pair)
- 14. Celox Rapid Hemostatic Z-fold Gauze (1)
- 15. Emergency Trauma Dressing (1)
- 16. Nitrile Medical Exam Gloves (1 pair)
- 17. Diotame Tablets (26)
- 18. Glucose Tablets (10)
- 21. Whistle with Lanyard (1)
- 22. Sharpie Permanent Markers (3)
- 23. Wooden Pencil with Cap (1)
- 24. Notebook (1)
- 31. HotHands Hand Warmers (4)

LEFT SIDE POCKET

- 36. Emergency Blankets (25)

BOTTOM SECTION

- 20. XL Cloth Litter (1)
- 33. Yellow Rain Ponchos (10)
- 35. Black Nylon Rope (1)
- 27. White Leather Work Gloves (1 pair)



Emergency Power & Lighting Items

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



This powerful 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, your lantern, 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. Follow all manufacturer's recommendations for use and storage.

2. **Gearlight LED Flashlights** – 2 flashlights per bag, 4 flashlights per kit



Each bag contains 2 of these lights. They are packaged 2 lights per box and the 3 AAA batteries needed for each light are NOT included inside the box. You will need to use the AAA batteries that are included separately in your EP kit to utilize these lights. Follow the included instructions inside the box as to the process of inserting the 3 AAA batteries and clicking through the 3 different light output levels. The head of the flashlight can also be twisted to expand or contract the focus of the beam of light. These lights are not intended for checking a patient's pupils (the light is BRIGHT!). Also reference the section on page 4 in this guide titled "IMPORTANT INFORMATION ON EP KIT LIGHTS".

3. **Energizer Headlamps** – 2 headlamps per bag, 4 headlamps per kit



Very 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 has to do work in the dark should ideally have a headlamp. The AAA batteries needed for the headlamps are inside the headlamp boxes and there are additional AAA batteries included in your EP kits. You will need to insert the batteries into the headlamp and attach the headlamp to the head strap before using it (instructions and pictures are on the headlamp box - save the box after opening it). If desired, you could attach the head straps to the headlamps as soon as you receive your EP kit and just leave them attached permanently. Pressing the headlamp's LEFT button and holding it pressed allows you to select from 2 white-light settings. In some of the settings, if you press and hold the headlamp button, the lamp's power will slowly ramp up and then back down, allowing you to choose what level of light you want. The RIGHT button allows you to select from a red-light setting or 2 other white-light settings. The plastic headlamp housing itself can be pivoted downward to change the aim of the light as needed. **DO NOT LEAVE THE BATTERIES IN THE LIGHTS** during storage. Also reference the section on page 4 in this guide titled "IMPORTANT INFORMATION ON EP KIT LIGHTS".

4. AAA Energizer Batteries (alkaline) – 24 batteries per bag, 48 batteries per kit



These alkaline AAA batteries have been bagged in the same Ziploc as your handheld Gearlight flashlights. These batteries are for use in your Gearlight flashlights as well as in your Energizer headlamps. These batteries are NOT rechargeable. KEEP THEM DRY. DO NOT STORE IT IN A HOT ENVIRONMENT or in the sun (see product instructions for specifics). DO NOT leave these batteries inserted in any device during storage (the batteries will eventually leak acid and this will corrode/destroy your device).

5. LuxPro LP395 Lanyard Light – 1 flashlight per bag, 2 flashlights per kit



This small light is packaged in the "COMMUNICATION AND SIGNALING" Ziploc in the medical items compartment of the bag. The AAA batteries are included in an accompanying Ziploc bag. After inserting the AAA batteries, it is ready to be turned on by simply pressing the on-switch on the end. If desired, you can relocate this keychain light to 1 of the handle loops on the outside of your kit (using the attached lanyard and provided 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 flashlights, headlamps, or lanterns in your EP kit (and to insert their batteries into them). If exposed to light, it will glow in the dark. KEEP IT DRY.

6. LuxPro LP1525 LED Lantern – 1 lantern per bag, 2 lanterns per kit



This small, lightweight, waterproof lantern (IPX7 standard) uses an internal, rechargeable, lithium-ion battery, and is located in a Ziploc bag in the main EP kit compartment. The lantern can provide light for 3 to 13 hours on one battery charge, depending on whether you use the HIGH, MEDIUM, LOW, or STROBE light output mode. It takes 4 hours to fully charge the internal battery (with its included USB-A-to-USB-C charging cable), so charge it up before you need to use it. Your multi-charging cable (item #7) in your kit could potentially be a backup charging cable for it. It has 2 folding hooks and a magnet on the bottom of it, in case you want to hang it up or attach it to a metal object. Your kit's zip ties, rope, and carabiner clips could also be used to hang or position the lantern as needed. 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. USB-A, 4-in-1, Multi-Charging Cable – 1 cable per bag, 2 cables per kit



One end of this charging cable plugs into a powered USB-A port to charge compatible electronic devices (i.e., cell phones, your rechargeable lantern etc.). This can be used with a wall socket adapter (charging block), your XP-10 jump starter battery (depending on device compatibility), your car inverter (item #8), 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!

8. 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 (such as your kit's NOAA weather radio, your lantern, etc.) via the inverter's one 120v AC electrical outlet and its 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's engine running while using the inverter should not drain the car's battery. **BE CAREFUL OF CAR EXHAUST FUMES AND 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 electronic 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!**

Food & Water Items

9. Potable Aqua Chlorine Dioxide Water Purification Tablets – 30 tablets per bag, 60 tablets per kit



These can be used to make most water bacteriologically suitable to drink if no potable or safe water is available. These chlorine dioxide tablets are effective against viruses, bacteria, and cysts. If possible, first filter the water through the best filter device that you have (your Sawyer Gravity System filter – item #10 in your kit) and then use these tablets per the instructions. If you need to improvise a filter, it can be done 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. 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. The expiration dates are embossed on the side of the foil 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 before drinking, so plan accordingly. Additional info regarding water purification can be found on your laminated Water Disinfection Instructions sheet (item #44).

10. Sawyer Gravity System Water Filter – 1 per kit



The Sawyer Gravity System uses a dual-threaded Sawyer MINI water filter that weighs just 2 ounces, fits in the palm of your hand, and is rated to 0.1 micron absolute filtration - removing 99.99999% of bacteria, such as salmonella, cholera, and E.coli, and removing 99.9999% of protozoa, such as giardia and cryptosporidium. It also filters out 100% of microplastics and uses gravity to move the water through the filter, so no pumping is required.

This water filter is **NOT** intended to make saltwater/seawater drinkable (it is for fresh water only). 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 Sawyer Gravity System water filter (see the separate entry in this guide for the POTABLE AQUA WATER PURIFICATION TABLETS (item #9).

Your kit's zip ties, rope, carabiner clips, tape, and carabiner clips can be used to hang the water bag up and to position the tubing where you want it. Follow all the manufacturer's instructions (packaged inside the Sawyer filter box). Put the written Sawyer Gravity System MINI filter instructions into one of the provided Ziploc bags to keep them from getting wet and becoming illegible.

Note: Once the filter has been exposed to water it CANNOT FREEZE or it will be permanently ineffective. Additional general information regarding water purification can be found on your "Water Disinfection Instructions" laminated sheet (item #44). 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 information and instructional water filter videos can be found at:

WWW.SAWYER.COM

and

<https://www.sawyer.com/resources/use-and-maintenance-1-gallon-gravity-water-filtration-system>

Medical/First Aid Items

11. Stop the Bleed Pamphlet – 1 pamphlet per bag, 2 pamphlets per kit



This pamphlet on BLEEDING CONTROL shows how to stop severe bleeding using tourniquets, wound packing, and direct pressure techniques. Your kit contains multiple items in the MEDICAL SUPPLIES Ziploc bag that can be used for bleeding control (C.A.T. tourniquet, trauma shears, CELOX hemostatic gauze, Emergency Trauma Dressing, medical gloves – item #'s 12, 13, 14, 15, and 16 respectively). Familiarize yourself with this pamphlet and the techniques BEFORE you need to use them. Take a free STOP-THE-BLEED class (online or in-person).

12. C.A.T. Tourniquet (black, Combat Action Tourniquet) – 1 tourniquet per bag, 2 tourniquets per kit



This 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 pamphlet (item #11) inside the MEDICAL SUPPLIES Ziploc bag.

13. Trauma Shears/Scissors – 1 pair per bag, 2 pairs per kit



These very tough shears can be used to cut victims' clothing or dressings to expose a wound or for cutting cordage, tape, zip ties, or other materials in an emergency (even thin metals). They can also be used to open the packaging of other items in your EP kit (your DeWalt multitools, etc.). The small, rectangular hole in one blade is meant to be used as an oxygen wrench. The sharp tips have been covered with a modified sheath, keep up with it for reuse. Since these shears are easy to lose, consider making a lanyard with your nylon cord, zip ties, carabiner clips etc., and attaching them to something larger like your EP kit or another item.

14. Celox Rapid Hemostatic Z-fold Gauze – 1 gauze pack per bag, 2 gauze packs per kit



This bleeding-control gauze strip 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 for other, less urgent purposes. Additional instructions with pictures can be found in your kit's STOP-THE-BLEED booklet inside the MEDICAL SUPPLIES Ziploc bag (item # 11).

15. Emergency Trauma Dressing (ETD) 6" – 1 ETD per bag, 2 ETDs per kit



This stretchable wrap 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.

16. Nitrile Medical Exam Gloves (Size Large) – 1 pair per bag, 2 pairs per kit



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

17. Diotame tablets – 50 tablets per kit



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

18. Glucose Tablets – 10 tablets per bag, 20 tablets per kit



These chewable glucose tablets are intended to be used as a temporary aid for managing hypoglycemia (low blood sugar levels) in an emergency. They are to be used per your facility Medical Director's orders or your approved physician protocols. Do not attempt to administer them to an unconscious person or anyone who may choke on them. **KEEP THEM DRY.** Additional instructions are printed on the product package.

19. Cloth Litter for Patient Transport – 1 litter per bag, 2 litters per kit



This lightweight, cloth emergency stretcher can be used to carry a person in an emergency if there is no better device available (500 lb. weight limit). Use safe lifting and patient-transfer techniques and follow the instructions included with the litter.

20. XL Cloth Litter for Patient Transport – 1 XL litter per bag, 2 XL litters per kit



This extra-large, lightweight cloth emergency stretcher can be used to carry a person in an emergency if there is no better device available (1000 lb. weight limit). Use safe lifting and patient-transfer techniques and follow the instructions included with the litter.

Emergency Communications Items

21. Whistle with Lanyard – *1 whistle per bag, 2 whistles per kit*



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

22. Sharpie Permanent Markers – *3 markers per bag, 6 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. They are also useful for marking the time and date of a tourniquet's application.

23. Wooden, Pre-Sharpended, Pencil with Cap – *1 pencil per bag, 2 pencils per kit*



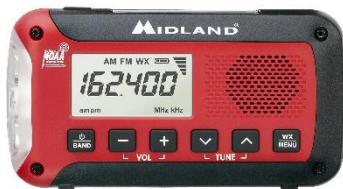
Useful for writing notes or messages and packaged with a small notebook (item #24). It can be re-sharpened carefully with the knife in the multi-tool. Wear your provided leather gloves for additional safety and protection as needed. Keep the cap on it during storage, to prevent the sharp tip from puncturing the other supplies in your kit.

24. Small Notebook – *1 notebook per bag, 2 notebooks per kit*



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

25. Midland Emergency Alert Weather Radio ER50 – *1 per bag, 2 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, items #1 and #7 could potentially be useful for charging this 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 radio can be set to give an audible alarm during NOAA weather alerts. The hand crank device can also be used to charge some cell phones or other small electronic devices 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 #7 or the radio's charging cord). 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 box. We included a pair of earbuds to use with it (see item #26).

26. Earbuds – 1 pair per bag, 2 pairs per kit



Intended for use with the Midland Emergency Alert Weather Radio (item #25). It allows you to listen to the radio privately and 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.**

General Items

27. White Leather Work Gloves (Size Large) – 1 pair per bag, 2 pairs per kit



These may provide your hands with some protection 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 DeWalt 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. After being used, we recommend connecting the gloves together with a rubber band, binder clip, or carabiner clip so they do not get separated.

28. Large Contractor Trash Bags – 5 trash bags per bag, 10 trash bags 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 #13) and opened up 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 #32) and your nylon cord (item #35) 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 used to provide privacy in bathroom or dressing areas or to protect important items, supplies, or equipment that need to stay dry. They can also be used to contain and transport items and supplies.

29. Zip Ties (12" cable ties) – 25 zip ties per bag, 50 zip ties 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 #32), nylon cord (item #35), your DeWalt multi-tool (item #34), rubber bands, carabiner clips, binder clips, (item #'s 37, 38, and 39). 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 DeWalt multi-tool, trauma shears, keychain flashlight, etc.). They can also be used to hang up items (i.e., signs, clotheslines, lanterns, privacy-screens, shelter-making materials, tarps, IV fluid bags, feeding solution bags, urine-collection bags, rolls of tape, etc.) or to attach them to poles, walls, ropes, vehicles, etc.

30. **Ziploc Bags (Gallon and Quart Sizes) – 24 Gallon bags and 20 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, etc. These bags can also help to contain liquid spills within the Ziploc bags **inside** your EP kit. 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.

31. **HotHands Hand Warmers – 4 warmers per bag, 8 warmers per kit**



These disposable, one-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, 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.**

32. **Gorilla Tape (silver heavy-duty adhesive tape) – 1 90 ft. roll per bag, 2 rolls per kit**



Useful for making quick repairs and attaching things together. It can secure or repair plastic sheeting, tarps, your emergency blanket, 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 like batteries. **DO NOT** adhere this tape to people or skin!

33. **Yellow Rain Ponchos – 10 ponchos per bag, 20 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 (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 could also consider using your contractor bags (item #28) 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 #32).

34. Dewalt Multi-Tool – 1 multi-tool per bag, 2 multi-tools per kit



This yellow, folding multi-tool has 16 EXTREMELY USEFUL tools: a knife blade (straight and serrated), 2 types of pliers, wire cutters, a wire stripper, 4 screwdrivers, a can opener, a small ruler, small scissors, a fold-out lanyard attachment point, a bottle opener, and a file (for wood and metal). 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 #27) when working with your multi-tool to avoid accidentally cutting your hand or fingers (e.g., when using the multi-tool's **VERY SHARP** knife blade or opening metal cans with sharp edges, etc.). This multi-tool can help you solve hundreds of different problems in a disaster. You can use your trauma shears (item #13) from the RIGHT-SIDE pocket of your EP kit to open the multi-tool package if needed. The instructions for it are printed on the multi-tool's package, so SAVE THE PACKAGE after you open it. This tool is INVALUABLE in a disaster, but its small size makes it easy to lose in a crisis. If you need to use it in a disaster, consider making an improvised quick-release 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 one of your zip ties (item #29) (threaded through the multi-tool's fold-out lanyard attachment point), one of your carabiner clips, and some of your nylon cord (item #35). KEEP IT DRY during storage.

35. Black Nylon Cord – 50 feet of cord per bag, 100 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 DeWalt multi-tool (item #34) or trauma shears (item #13) to prevent their 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 does not fall into a walkway, or to hang up your lantern, flashlight, an IV bag, feeding solution bag, etc. It can be used in combination with your zip ties, Gorilla tape, carabiner clips, binder clips, and rubber bands to improvise many different solutions to countless problems in a disaster. It has a safe working weight of 110 lbs., and it can be cut with your trauma shears or the knife blade on your DeWalt multi-tool. This cord is not rated for climbing purposes.

36. Mylar Rescue Emergency Blankets – 25 blankets per bag, 50 blankets per kit



Can be used to keep residents, patients, or staff warm. Also useful for keeping wind and rain off individuals to maintain warmth. They are reusable and can be used as an improvised ground cloth, fluid resistant sheet, privacy screen or cover, or an emergency signaling device to rescuers as it's highly reflective and easy to spot from far away.

37. Rubber Bands – 1 bag per kit



These can be used in a variety of ways to attach objects and help solve problems in a disaster, especially when used in combination with your zip ties, nylon cord, carabiner clips, Gorilla tape, binder clips, etc. They are a great help in resealing bags, boxes, pouches of supplies that you have opened, and to secure loose batteries in a safe position so that the ends (battery contacts) do not touch each other and potentially short-out.

38. Carabiner Clips (2 sizes) – 10 clips per bag, 20 clips per kit



These small, D-shaped, clips can be used to attach items and solve a multitude of problems in the same ways as described in item # 35, especially when used in combination with the zip ties, nylon cord, and Gorilla tape mentioned above. They are of particular value in making quick-release lanyards for small or important items as needed (e.g. trauma shears, multi-tool, etc.).

39. Binder Clips (2 sizes) – 10 clips per bag, 20 clips per kit



These small, metal clips can be used to attach items and solve a multitude of problems in the same ways as described in item #37, especially when used in combination with the items mentioned above. They are useful in creating attachment points to hang IV fluid bags and for attaching important pieces of medical paperwork or records together so they do not get separated or lost during evacuations. They can also be used to secure sheets, tarps, contractor bags, or emergency blankets when fashioning improvised privacy screens, sunshades, wind blocks, etc.

40. Velcro Strap – 1 strap per bag, 2 straps per kit



This long Velcro strap has been positioned around each bag's midsection to help reinforce the bag's zippers to prevent the bag from opening up during shipment or during an evacuation. During a disaster, the strap could be removed and used for generic attachment and problem-solving purposes.

References

41. Laminated EP Kit Informational Packet (this document) – 1 packet per bag, 2 packets per kit



This water-resistant quick-reference 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 a digital copy of the included inventory check-off sheet, manufacturer's guides, videos of some of the products included in the kit, and more.

42. EP Kit Inventory Sheet – 1 sheet per bag, 2 sheets per kit

LOWCOUNTRY HEALTHCARE COALITION EMERGENCY PREPAREDNESS KIT INVENTORY SHEET - 2024		Kit #	Kit Location	Kit Status
Kit Contents	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
	First Aid Kit	1		
Kit Location	Kit Location			
	Kit Location			
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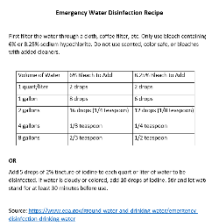
This sheet contains names, quantities, and locations of the items in your EP kit. If you change the location of items in your kit, add, or remove contents, then be sure to update these sheets.

43. EP Kit Maintenance Log – 1 sheet per bag, 2 sheets per kit

Emergency Preparedness Kit Maintenance Log		
Date (MM/DD/YYYY)	Name (First & Last)	NOTES

This sheet can be used to help you track, plan, and log your EP kit maintenance activities and needs (e.g. – battery charging, item testing, expiration dates of equipment, etc). Feel free to customize the sheet to fit your needs using the digital version included on the online resource page. Use the QR code on the front page of this document to access the resource page. Be sure to follow the storage and maintenance instructions from the manufacturers of all your EP kit items. This is another reason to SAVE all the instructions and packaging from all the items in your kit, even after you have opened the packaging.

44. Water Disinfection Instructions – 1 sheet per bag, 2 sheets per kit



This laminated quick-reference sheet shows the basics of the processes for disinfecting water (for drinking) by using either bleach or iodine. It includes a web link to a site with extensive information on these processes. This only applies to freshwater (not seawater/saltwater). Disinfecting water (as discussed here with bleach or iodine) DOES NOT remove chemical or radiological contamination.