



MFMT

Personal Equipment List for Team Members

Team Members should establish two bags. One being a DAY PACK that should be carried in a (backpack style) bag. Day packs should contain items for 24 hour period. All other items needed to withstand the deployment period should be carried in a (duffle) type bag.

Quantities below are based on a (3) day deployment. Member will have a year to gather all gear. Team will issue uniform shirts.

Clothing:

- (3 pair) Pants acceptable for working conditions. Navy Blue BDU's etc. and Belt No Jeans!
- Sweatshirt Plain – No Markings
- (3) T-shirts Plain – No Markings
- (3 sets) of Medical Scrubs – For Medical Personnel
- (3 pair) Socks, wool or synthetic (No Cotton)
- (3) Underwear
- Large Bandanna
- Cap
- (1 pair) Boots, combat or work
- (1 pair) Tennis Shoes
- Parka or Jacket, rain or 60/40 shell
- Rain pants

Clothing (Cold Weather):

- (1) Wool shirt or sweater
- Coat, winter (polar guard or synthetic)
- Underwear, long (Synthetic, wool, silk)
- (1) Wool cap
- (3 pair) Heavy Socks
- Gloves or mittens (Wool or synthetic)

Sleeping Gear:

- Sleeping bag (synthetic or down) and Pillow
May substitute sheet & poncho liner during hot weather)
- Foam pad (optional)
- Ground cloth
- One or Two Person tent or shelter (not required)

Cooking & Food:

- Mess kit (cup, and bowl)
- Knife, fork, and spoon
- 24-hour emergency rations
- Water purification tablets (optional)
- (2) One quart canteens w/ belt or camel

When appropriate team will issue:

- Hard hat
- Hearing protection
- Eye protection

Personal Equipment:

- Gloves, leather (must be with person all times)
- Head lamp (optional)
- Small Flashlight (mist be with person all times)
- Extra bulbs for flashlight
- Extra batteries for flashlight
- Waterproof matches or waterproof case
- Safety pins
- Sun glasses
- Multi Purpose Tool
- ID, driver's license, license or Pre-hospital credential
- List of medical diagnosis, allergies & chronic medications
- Money or Credit Card
- Pocket notebook and pencil
- Contact lens or prescription glasses
- Sewing kits
- Trauma Scissors, Hemostats (optional) Stethoscope (optional)
- Hand Wipes
- Shampoo and Soap
- Tooth paste/Tooth brush
- Shower Shoes
- Comb or brush
- Watch
- Razor with blades
- Shaving cream
- Toilet paper
- Mosquito netting
- Deodorant (unscented)
- Towel and Washcloth
- Lip salve or Chapstick
- Hand lotion
- Sun screen
- Insect repellent
- Foot powder
- Moleskin
- Cell Phone
- Personal medications
- Laundry bag