



Blue Mountain Region Long Term Recovery Group

What to Bring

This is a suggested checklist for individuals on your team:

- Personal PPE (mask/s, hand sanitizer)
- Disinfecting wipes
- Hand sanitizer
- Emergency contact information and insurance card
- Medical documents, including copies of prescriptions
- Special medications (asthma, insulin, any prescription medicines)
- Personal first aid supplies (band-aids, aspirin, etc.)
- Spare contact lenses or eyeglasses; cleaning solution, etc.
- Spare batteries
- Water bottle
- Work clothes, work shoes, work gloves
- Hat, bandanas and/or sweat bands
- Suntan lotion, sunglasses
- Insect repellent
- Notebook, pen/pencil
- Flashlight
- Small pocket knife or scissors
- Camera
- Lunch, snack foods, water
- Ziplock bags
- Duct tape

- Safety glasses
- Ear plugs
- Personal tools

Team equipment, supplies:

- First Aid Kit
- Disinfecting wipes