**Notes on: Get CERT Training by Shannon Barnes**

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Get CERT training. He said it is a 6 week course in LA. Triage (sort) by injuries into immediate, delayed, and minor, plus fire extinguishers, support tech or collapsed structure. In a situation, give someone something to do and GET THEM ACTIVE. That will raise tone.

Ron talks about sanity: a tolerance for a confusion, and an agreed upon stable datum upon which to align. Give yourself a realistic goal. The best assist: “Where did it happen?” “Where are you now?”

Disaster definition is that which is not predicted or prepared for.

Hatting = Control

Your job is to get the people there laughing and uptone again. First find the children.

VMs run logistics for the Topos – that is their hat. VMs come to UN meetings with us. They get use to VM being seen with the Topos.

Practical Skills

1. Do research before you deploy:

* Similar disasters
* The region you are headed to
* Photos of people and wear what they wear
* Weather forecast
* Research culture and mannerisms and customs
* Check travel sites
* Check state department
* Set up comm with DN or TWTH or Youth For Human Rights
* Keep **fanny pack** at all times with passport, etc. so they don’t steal it
* Don’t flash **cash** in money (face a friend and count out cash)
* Get **cargo pants** – buttons and zippers
* Walmart sells the orange jumpsuits that Topos wear
* **Bug spray – 3”**
* **Vitamin C lozenge** to give to kids instead of candy
* Write down main contacts and place in Ziploc baggie in case of phone loss
* Kiosk at airport sells local sim card for your phone
* T-Mobil will give free service for all VM volunteers – call ahead
* Separate line at airport for volunteers – expedited and get a passport seal
* Never go off by yourself – always one or two others with you and let the people at the center know where you are
* Water – use the Sawyer Straw from Dick’s Sporting Goods. It screws into a bottle or stick in a stream. Good for 100,000 gallons. Comes with a kit including syringe to flush the filter and a plastic bag with instructions
* Bring **Electrolytes**
* Drink coconut water, eat bananas and Gatorade
* Bring a **flashlight** or **headlamp**
* Bring **toilet paper** in a Ziploc baggie
* Bring **eye protection**
* Remember it is a dangerous environment
* Research what it is okay to bring into the country
* Sturdy shoes like **hiking boots**. Make them very comfortable with **Dr. Scholl’s inserts**.
* **Sun screen**
* **Hat**. Fisherman hat/ball cap – for protection from the sun.
* **Knife** – like the Swiss Army Knife
* **International Power Adaptor plug** (Walmart for $10)
* **Multi-plug Power Strip**
* Remember that anything that raises tone is a valid therapy
* **Power generator** $80 at Home Depot, Walmart, Sears
* **Solar phone charger**
* **Pre-charge packs for phones** (USB battery pack)
* **Rope/shoelace**
* **Hand sanitizer** & **hand lotion**
* Any sturdy leather Mechanix brand **gloves** is good – Home Depot. Rough Neck brand gloves have a plastic coating on knuckles
* **Niacin and water** if going into radiation
* **Bath wipes** from Dick’s Sporting Goods by Adventure Medical Kit Camping bath towel (8 packs of 8)
* ½ water and ½ vinegar to bathe – acidic kills bacteria
* Travel sized **mouthwash** to take care of teeth – brush teeth TWTH
* **Matches, lighters and cigarettes** (for comm lines) icebreakers
* Morale – **Vicks Vaporub** to put under your nose from body death smells
* Take care of your feet. No cotton sox – **sturdy thick hiking socks** (moisture wicking). Keep your feet clean with towels & cider vinegar/water
* Make sure water is sealed before drinking
* Ziploc bags for clothes (Walmart $10) so clothes don’t get wet if backpack does. (Stuff bags)
* Food – Lara protein bars, cans of sardines (smoked) beef jerky
* Build Reality by not bypassing local police & fire
* Tigers piss
* Photos can raise tone