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“The ATSM Field Pack”

Items Utilized in the Field for the Provision of ATSM

Reprinted from *Acute Traumatic Stress Management*™
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As an emergency responder, you have your “tools of the trade” that directly reflect your profession (e.g., handcuffs, gun, stethoscope, tape, oxygen, fire extinguisher, etc.). Beyond those, there are a number of items that may prove to be helpful (or for some, essential) for those who are addressing the emergent *psychological* needs of others during traumatic exposure. The following list reflects those items that are recommended as part of an “ATSM Field Pack.” Some of the items should remain in your vehicle, while others should be carried on your person. Recognize that the magnitude of the event will directly influence the type and number of items that you will need. Consider having the following available:

- A copy of *Acute Traumatic Stress Management*™ (as a reference)
- Copies of *Trauma Response*® *Infosheets*™
- Referral List (i.e., a list identifying local agencies that may provide further intervention)
- Note Pad and Pen
- Requisite Forms (i.e., as indicated by your profession)
- Photo Identification
- Business Cards
- A Map
- Money (e.g., to purchase food or other necessities)
- Tissues (i.e., preferably a small pack)
- Medication for Yourself (e.g., Antacid, Anti-Diarrheal, Tylenol®, etc.)
- Sunscreen, Insect Repellent, etc. (as indicated)
- Sunglasses
- Spare Glasses, Contact Lens Solution, etc.
- Warm Clothing (e.g., including layers, gloves, strong comfortable shoes, etc.)
- Body Armor (i.e., as indicated by the nature of the event)
- Latex Gloves
- Umbrella
- Flashlight
- Rain Coat and Hat
- Blanket
- Crayons and Paper
- Chewing Gum, Sugar Candy, Snack, etc.
- Bottled Water