

STANDARD OPERATING PROCEDURE

Mayday Ready To Roll Ultimate Emergency Kit

A mobile, self-contained emergency system designed to support a small group or family unit during the initial **72 hours** of a localized emergency or disaster scenario.



Basic Medical

Management of traumatic injuries, wounds & burns



Light SAR

Victim location, debris removal & forcible entry



Sustainment

Shelter, hydration, nutrition & environmental protection

SECTION 1

Mission Brief & Intended Use

Who Is This Kit For?

This system is intended for deployment by:

- Prepared citizens
- Community Emergency Response Teams (CERT)
- Primary readiness asset for a home, vehicle, or small office

Supported Group Size

Designed to support **2–4 individuals** or a family unit during the initial 72-hour emergency window.

Operational Constraints

Manpower (~60 lbs)

Requires wheeled transport over clear terrain. Not designed for single-person carry over rubble or significant distances.

Finite Supplies

Food, water, and medical consumables will run out. Rationing is critical to extend operational duration.

Scope Limitation

This is a basic-level response kit. It is **not** a substitute for professional Fire-Rescue, Law Enforcement, or EMS and contains no advanced life support equipment.

SECTION 2.1

Personal Protective Equipment (PPE)

PPE must be donned **immediately** before any field operation. All team members must be equipped before engaging any hazard.



Hard Hats (×2)

Impact protection from falling debris. **Must be worn** in any environment with overhead hazards.



Safety Vests (×2)

High-visibility material for identifying team members and enhancing safety in low-light conditions or near roadways.



Safety Goggles (×2)

Protects eyes from dust, debris, and fluid splashes during rescue or medical operations.



Leather Palm Gloves (×2 pairs)

For heavy-duty tasks — debris removal, tool use, or sharp objects. Provides thermal and abrasion protection.



Nitrile Gloves (×100)

Disposable gloves for body substance isolation (BSI) during any medical assessment or treatment.

SECTION 2.2

Medical Response Module

Hemorrhage Control

Bloodstoppers x4

Large sterile trauma dressings for direct pressure on severe bleeding wounds.

5x9 Surgi Pads x6

Absorbent sterile pads for covering moderate wounds and reinforcing primary dressings.

Tape Rolls x3

Secures dressings, bandages, and splints.

Burn Treatment

Cool Blaze Burn Gel

2x 4x4 pads + 6x small pads. Sterile gel-soaked dressings to cool minor burns, relieve pain, and prevent contamination.

Orthopedic & Soft Tissue

Medium Splints x2

Malleable splints for immobilizing suspected fractures or sprains of extremities.

Triangular Bandages x3

Multi-function: used as a sling, to secure splints, or as a dressing.

Minor Wound Care & Diagnostics

234-Piece First Aid Kit

Comprehensive sub-kit for cuts, scrapes, and abrasions. Contains adhesive bandages, antiseptic wipes, etc.

Support Items

Hydrogen Peroxide/Eye Wash, Non-Adherent Pads x12, Paramedic Scissors, CPR Mouthpiece, Ice Packs x3.

Ammonia Inhalants x10

Use only if trained. Do NOT use on any patient with suspected spinal injury.

SECTION 2.3

Light Search & Rescue / Utility Module

Forcible Entry & Debris

- **24" Pry Bar:** Leveraging open jammed doors, windows, or lifting debris
- **Folding Shovel:** Digging, clearing small debris, and managing soil

Utility Control & Repair


- **Gas Shut-Off Tool:** For shutting off residential natural gas meters
- **10" Adjustable Wrench:** Utility nuts, bolts, and plumbing
- **Vice Grips:** Locking pliers for stripped hardware
- **14-in-1 Pocket Tool:** Cutting, repairs, and adjustments
- **Duct Tape (50'):** Multi-purpose adhesive and expedient applications

Area Control & Signaling

- **Caution Tape (300'):** Cordoning hazardous areas or establishing a perimeter
- **Metal Whistles w/ Lanyards (x10):** Audio signaling and team coordination

Illumination & Rigging

- **Flashlights (x2):** Primary light for low-light or interior search
- **Alkaline Batteries (x2 pairs):** Power source for flashlights
- **50-ft Ropes (x2):** Utility rope for hoisting gear and securing tarps

 **Rope Safety:** The included ropes are for utility purposes (hauling, securing) ONLY. They are NOT life-safety ropes and must never be used for climbing, rappelling, or supporting a human load.

Sustainment, Survival & Hygiene Modules

Shelter & Environmental Protection

- **8x10 Blue Tarp + Bungee Cord Pack:** Expedient overhead shelter from sun or rain
- **Solar Blankets x6:** Reflect body heat and prevent hypothermia
- **Yellow Paramedic Blankets x2:** Fleece-type blankets for warmth and patient comfort
- **Adult Ponchos x6:** Personal rain protection

Hydration & Nutrition

- **Mayday Water Pouches x9:** Pre-packaged, shelf-stable drinking water
- **8-Liter Water Bag + Hand Pump:** Collecting, storing, and dispensing larger water quantities
- **3600 Calorie Food Rations x6:** Dense, shelf-stable food bars for high-energy sustainment

Light & Fire

- **12-Hour Lightsticks x6:** Chemical light for safe, long-duration area illumination
- **Emergency Candles x5:** Backup light source
- **Waterproof Matches x45:** Reliable fire-starting capability

Communication & Signaling



- **Solar Radio with Flashlight:** Receive emergency broadcasts (NOAA/AM/FM) without battery dependency
- **Distress Banner:** High-visibility banner for signaling rescue assets

Personal Hygiene Module

Sanitation kit contains toothbrushes, moist towelettes, toilet liners, and chemicals for maintaining personal hygiene and establishing an expedient field latrine.

SECTION 3

Standard Operating Procedure: Deployment

-   **Scenario:** A regional earthquake (Richter 6.5) has occurred. Your area has sustained moderate damage with widespread power failure, broken glass, and non-structural damage. Multiple neighbors require assistance. Emergency services are overwhelmed and response is delayed.

1

Step 1

Scene Assessment & PPE Deployment

2

Step 2

Establish Command & Access Equipment

3

Step 3

Medical Intervention

4

Step 4

Light Search & Rescue

5

Step 5

Establish Sustainment Operations

STEPS 1 & 2

Scene Assessment, PPE & Command Setup

Step 1: Scene Assessment & PPE Deployment

1 Stop and Assess

Before acting, assess your environment for hazards: unstable structures, downed power lines, leaking gas (smell of rotten eggs), or rising water.

2 Don PPE

Immediately equip all team members with Hard Hats, Safety Vests, Safety Goggles, and Leather Palm Gloves.

3 Establish Safe Zone

Move the Ready To Roll kit to a clear, safe staging area — away from obvious hazards.

Step 2: Establish Command & Access Equipment

1 Open the Kit

Fully open the duffel bag to allow clear access to all modules.

2 Assign Roles

If operating as a team, assign roles — e.g., **Medical Lead** and **Search Lead**.

3 Initial Triage

Perform a rapid sweep of the immediate area to identify and prioritize victims. **Address life-threatening hemorrhage first.**

STEPS 3 & 4

Medical Intervention & Light SAR Operations

 **Step 3: Medical Intervention****1 Access Medical Module**

Extract necessary medical supplies. **Don Nitrile Gloves before any patient contact.**

2 Control Bleeding

Use Bloodstoppers and Surgi Pads with direct pressure to control severe bleeding.

3 Treat Injuries

Address burns, fractures, and other injuries using burn gel, splints, and bandages as training allows.

4 Provide Comfort

Use Paramedic Blankets for shock prevention and patient comfort.

 **Step 4: Light Search & Rescue Operations****1 Address Immediate Hazards**

If a gas leak is confirmed and you are trained, use the Gas Shut-Off tool. Report the address to the utility company when able.

2 Forcible Entry

Use the Pry Bar to open jammed doors or windows to access trapped or injured individuals.

3 Systematic Search

Use flashlights to conduct room-to-room searches. Call out and listen for responses.

4 Cordon Hazards

Use Caution Tape to mark and isolate dangerous areas (e.g., a room with a collapsed ceiling).

STEP 5

Establish Sustainment Operations



Set Up Shelter

Use the Tarp and Bungee Cords to create a protected area for casualties or team members.



Monitor Information

Turn on the Solar Radio to an emergency broadcast station (NOAA/AM/FM) for situation updates.



Distribute Resources

Ration and distribute Water Pouches and Food Rations. Begin collecting water in the 8-Liter bag if a safe source is available.



Provide Light

As darkness falls, deploy 12-Hour Lightsticks for safe area illumination across your perimeter.

SECTION 4



Critical Warnings, Limits & Safety

Scope of Training

Do not perform any action or medical procedure for which you are not trained and confident. This kit provides **tools, not expertise.**

Gas Utility — EMERGENCY USE ONLY

Once a gas meter is turned off, it **MUST** be reactivated by a qualified utility professional. Unauthorized reactivation can lead to **catastrophic explosion.**

Forcible Entry

Use of the pry bar can further destabilize damaged structures. Assess entry points carefully. **Never stand directly under a lintel or in a doorway you are forcing.**

Utility Ropes — NOT Life-Safety

Included ropes are for utility use (hauling, securing) **ONLY. Never use for climbing, rappelling, or supporting a human load.**

Ammonia Inhalants

Risk of aggravating cervical spine injury. **Do not use** on any patient who has fallen or sustained trauma until spinal injury has been ruled out by a medical professional.

Resource Management

All consumables (food, water, medical supplies, batteries) are finite. Their use must be deliberate and tracked. **This kit is a bridge, not a permanent solution.**

SECTION 5

Readiness, Inspection & Sustainment

 **Inspection Schedule****Semi-Annual
(Every 6 Months)**

Conduct a full inventory against the component list. Check all items for damage, rust, or degradation. Inspect duffel bag for tears and verify wheels roll freely.

Function Check

Test battery-operated equipment (flashlights, solar radio) and confirm all are operational.

 **Battery Management****Annual Rotation**

Replace all alkaline batteries annually, regardless of use. Old batteries can be repurposed for non-critical household devices.

**Long-Term
Storage**

Remove batteries from devices to prevent corrosion. Store in a sealed plastic bag alongside the device they power.

 **Consumables Management****Expiration
Tracking**

Maintain a log of expiration dates for all medical items, food rations, and water pouches. Set calendar reminders 6 months prior to expiration.

FIFO Rotation

Use a **First-In, First-Out** principle. Place new stock at the back and move older (but still in-date) stock to the front.

 **Storage, Staging & Post-Use****Location**

Store in a climate-controlled, dry, and readily accessible location. A garage, mudroom, or ground-floor closet near an exit is ideal.

Accessibility

Do not stack items on top of the kit. Ensure a clear path for rapid deployment at all times.

Post-Use Replenishment

Any item used must be replaced immediately. Do not return a partially used kit to storage. The kit must be **100% ready at all times.**