



CALIFORNIA MEDICAL ASSISTANCE TEAMS (CAL-MATs)

Uniform Requirements and Personal Gear Recommendations

CAL-MAT members are responsible for providing their own uniforms and personal “Go Kits”. EMSA will provide a CAL-MAT T-shirt and cap. The following are uniform specifications:

- **Boots:** Black duty boots , 6” minimum. Sand or camel colored acceptable.

- **Belt:** Black Utility or Black Basket Weave, in widths of 1.5” or 1.75”

- **Pants:** Khaki 5.11 Stryker Pants, Khaki BDU style, or similar

- **Personal “GO-Kit”:** **Intended for 72 hours self-sufficiency under austere conditions**
 - Extra uniforms, socks, underwear, etc., in sealable bags
 - Personal toiletries, medications, etc.
 - Medical history documentation, if applicable
 - One-person tent, sleeping bag and sleeping pad
 - Sunglasses, sunscreen, insect repellent
 - 30 gallon plastic trash bag
 - Identification, licenses, certificates, etc.
 - Bottled water
 - Credit cards/cash
 - Work gloves
 - Flashlight with batteries
 - Meals Ready to Eat (MREs)
 - Leisure (books, personal video game, etc.)
 - Ear plugs/protection
 - Emergency contact information