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 repellant
  - 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