

What you need in your emergency grab bag

We recommend that media organisations seriously consider the issue of emergency 'grab bags' for major assignments. These would have been very useful in the Gulf, and would have given crews the security of knowing that they could have survived for a period of time in an emergency until help could reach them or they could reach safety.

An emergency bag is designed to hold items essential for survival for a minimum of 48 hours and includes such things as press accreditation (if not on person), passport, spare cash, means of shelter, adequate food and water, warm clothing, etc. These types of bags are invaluable in the military world in times of emergency, but are equally valuable in civilian life.

We particularly recommend a 45-litre rucksack (Stretcher Bag) that is new on the market and unzips to turn into an emergency stretcher. It has the ability to carry a 6ft person comfortably supported with carrying handles. These are exclusively available from Centurion.

Configuration of the Stretcher Bag

The bag can be purchased empty, or with equipment supplied, which can include:

- A zipped roll-down first aid kit that can be removed and worn around the waist.
 - A camel back water system.
 - A side pouch enclosing a sleeping system.
 - A further pouch containing a cooker and enough food rations for 48 hours.
- Both side pouches can be removed and zipped together to use as a smaller rucksack.
- An integrated spinal board.
 - Space in the main 'dry bag' compartment for additional personal equipment (warm top, etc), ensuring kit remains waterproof.
 - Dry sack has flotation capability if needed in rivers or emergencies.

Some additional items that you might consider include:

- GPS.
- Air panel that doubles as a bivvy bag/shelter top.
- Sleeping system.
- Lighter.
- Mug, cooking and eating utensils.
- Whistle.
- Mini Maglite torch.
- IR Beacon.
- Water sterilising tablets.
- Water sterilising system.

This Centurion stretcher bag has been specifically designed to assist media and aid agencies working in hostile areas, and can be obtained from Centurion.